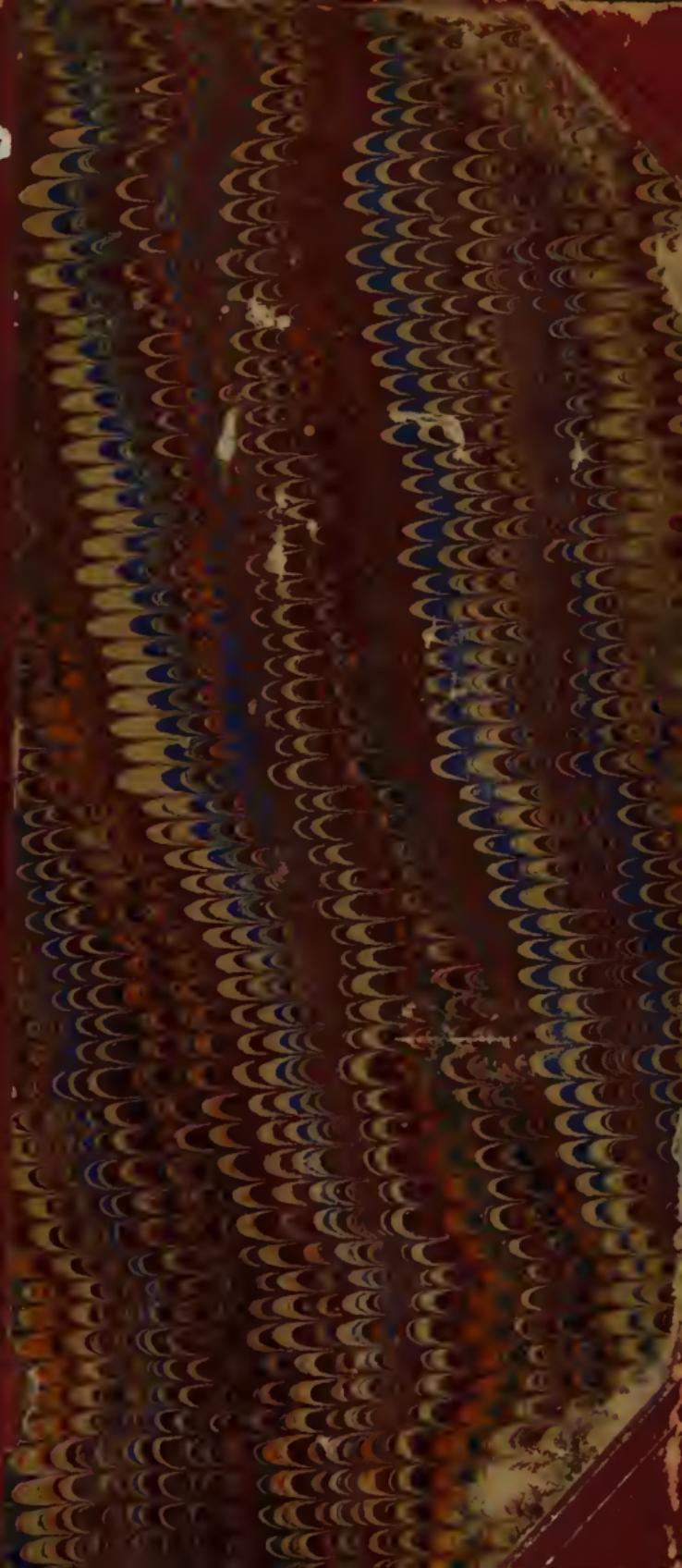


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OBSERVATIONS

ON THE EFFICACY OF

WHITE MUSTARD SEED,

IN AFFECTIONS OF THE

LIVER, INTERNAL ORGANS,

AND

NERVOUS SYSTEM :

AND ON THE GENERAL

MANAGEMENT OF HEALTH AND LIFE.

BY CHARLES TURNER COOKE,

Member of the Royal College of Surgeons.

"Whatever hope the dreams of speculation may suggest, of observing the proportion between nutriment and labour, and keeping the body in a healthy state by supplies exactly suited to its waste, we know that, in effect, the vital powers, unexcited by action, grow gradually languid; that as their vigour fails, obstructions are generated, and from obstructions proceed most of those pains which wear us away slowly by periodical tortures, and which, although they sometimes suffer life to be long, condemn it to be useless, chain us down to the couch of misery, and mock us with the hopes of death."—*Johnson*.

FIRST AMERICAN, FROM FOURTH ENGLISH EDITION.

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TO
JOHN TURNOR, ESQ.
OF
STOKE ROCHFORD, NEAR GRANTHAM.

MY DEAR SIR,

As it was from you that I first derived any clear practical idea of the Uses and Value of White Mustard Seed in the multifarious cases in which I have found it to be useful, especially in that under which I have myself so long laboured, I feel that it is but an act of common justice, as well as of common gratitude, that I should dedicate to you the Observations which I have been led to make upon it.

That you may long enjoy that health you owe, under God's blessing, to the adoption of the same means which it is our common object to recommend to others ; and that you

may enjoy more and more of that happiness which is the reward of disinterested benevolence, is the sincere desire of,

My dear Sir,

Your very faithful servant,

CHARLES TURNER COOKE.

Cheltenham, January, 1826.

PREFACE

TO

THE FOURTH EDITION.

THREE Editions of these Observations having issued from the press, in the space of little more than three months, I do not deem it necessary to trouble the reader with a long preface.

As I do not feel that it is necessary to add much to, or to detract any thing from, what I have already stated, this edition will not be found to vary much from the third, except in its form and in a partial difference of arrangement. Many more cases which have passed under my own observation, since the publication of the last edition, and have strongly confirmed the principles which it has been my object to enforce, might be added, if I did not conceive those already before the public amply sufficient, and were not unwilling either to swell my little volume, or to run the risk of hurting the feelings of individuals.

For the misunderstanding of the proposed remedy displayed by some, for the perverted view of it taken by others, or for the ignorant use and abuse of it by a still larger class, I cannot consider myself accountable. It is enough for me to be enabled to restate my conviction, that for all the purposes for which I have recommended it, "nothing but

want of management in the mode of administering it—want of perseverance in its use—and want of care in its selection, will interrupt its advancement ;” and honestly to declare, as the result of the experience which I have since had of its *value*, both as a *preventive* and *remedial* medicine, that thoroughly understood, and fairly acted upon, it will leave as little ground for cavil at its supposed pretensions to universal applicability, as for any other charges which have been brought against it.

I must again repeat, that the general principle upon which my recommendations are founded—yet more, that almost the very language in which it is advocated is just that, which is so accurately set forth, and made use of, in a more detailed work on a similar subject—a work which does equal honour to the head, and to the heart, of its author—I mean a *Treatise* on Derangements of the Liver, Internal Organs, and Nervous System by Dr. JAMES JOHNSON ; nor can I mention his name without again publicly expressing my gratitude to him for the satisfaction which I have derived from adopting in my practice the views which he has so ably elucidated.

Cheltenham, Feb. 1827.

INTRODUCTION.

BEFORE I make a single observation of my own on the efficacy of a remedy of which few have not heard, if they have not had experience of its worth, I must do honour to the benevolent promulgator of it, by transcribing for more sober perusal than it has as yet, perhaps, generally met with, the very ingenuous and unsophisticated relation which he himself gives of the history and progress of his own acquaintance with its powers. This has hitherto been given to the public either in the form of newspaper intelligence, or printed on a single sheet* for more extended circulation among the poor; and I fear has, on this account, not obtained that credit and attention which it so well deserves. I now give it *verbatim*, that it may be received and acknowledged as worthy of better acceptance than that of a mere charlatanical expression of imaginative opinion, or enthusiastic attestation of visionary success. I may just add, for the information of



* The first*impression of the tract here alluded to was printed in the month of March, 1824, and was introduced into the supplement to the Gentleman's Magazine of that year.

those to whom he is not known, that the writer of it could, in the very nature of things, have had no other object in view, in thus making his discovery and its consequences known, beside an earnest and sincere desire to make others participators in its benefits. He is as much above every possible temptation to empiricism, or to disingenuity of procedure, as all who excuse, or encourage either, must, in the same nature of things, be below his friendship.

OBSERVATIONS
ON THE EFFICACY
OF
WHITE MUSTARD SEED,
TAKEN WHOLE.

IN the month of June, 1822, I made trial of the White Mustard Seed merely as an aperient ; when the generally improved state of my feelings, which soon followed, inclining me to give it credit for other medicinal properties of at least equal value, I gave it to some of the sick poor in the neighbourhood, and with a success which excited my astonishment. From that time to the present, I have been in the habit of recommending it very generally, and the opinion which I have always entertained is now fully confirmed—that the public is not aware of its very extraordinary powers, nor of the very great variety of cases to which it is applicable ; and that in order to its adoption as a remedy for disease, its virtues require only to be known.

The White Mustard Seed is an almost certain remedy for all diseases connected with disordered functions of the stomach, liver, and bowels, and *as such* has been eminently successful in the following (among other) cases, viz.—in tendency of blood to the head, headache, weakness of the eyes and voice, and hoarseness ; in asthma, shortness of breath, wheezing, cough, and other distressing affections of the chest ; in indigestion, oppression after eating, heartburn, sickness, wind and spasms, cramp and other uneasy affections of the stomach ; in debility, uneasiness, pain and sense of tenderness and soreness in the interior, and particularly at the pit of the stomach, and in pain in the sides and lower part of the body ; in scanty and redundant flow of bile, in obstructions that may lead to scirrhoue liver, torpor, and other morbid affections of that organ ; in deficient perspiration, gravel, scanty and unhealthy state of the urine, and other disorders of the skin and kidneys ; in relaxed and irritable bowels, flatulence, and occasional and habitual costiveness ; in severe colds, rheumatism, lumbago, spasms and cramp in the body and limbs, partial and general dropsy, palsy, coldness and numbness of the limbs and feet, loss of appetite, failure of sleep, weakness of nerves, depression of spirits, and general debility of the system. In ague, gout, rheumatic

fever, epilepsy, scrofula, scurvy, erysipelas or St. Anthony's fire, in the dreadfully painful affection called tic douloureux, and in recovery from the smallpox, typhus and scarlet fevers, and other severe disorders connected with a depraved state of the interior—it has been taken with very considerable advantage. For the long round worms and the small white ones also, it is incomparably the best remedy hitherto discovered; inasmuch as both in children and grown-up persons, it not only destroys those reptiles, but if persevered in long enough to restore the tone of the stomach and bowels, will prevent their recurrence in future.—The following case furnishes a striking proof of the extraordinary remedial power of the Mustard Seed. A very respectable surgeon and apothecary, whom I have long known, a person of regular and rather abstemious habits, who, during a period of thirty years, had sustained the fatigue of an extensive country practice with scarcely a day's illness, at the age of fifty-two was suddenly attacked with a severe pain in the left side and lower part of the body. Supposing the pain to arise from constipated bowels, he had recourse to calomel, rhubarb, castor oil, and several other active aperients, but without obtaining relief. He then took an emetic, was bled largely in the arm, used a hot bath, was blistered in the part affected, and

lay for seventy hours in a most profuse perspiration. By this treatment the pain gradually abated, leaving him, however, at the end of four days extremely weak and emaciated. For the space of two years after, he had frequent and severe returns of the pain ; and his constitution being undermined, the stomach, liver, and kidneys, became sensibly affected, and indigestion, constipation, and flatulence succeeded, with the appearances of general decay. Having consulted several professional men, and taken a great variety of medicines during this period, but to no good purpose, in November, 1822, he made trial of the Mustard Seed. It is remarkable, that in very few days after taking the Seed the pain entirely ceased, and has never since returned. The action of the affected organs was gradually improved, digestion was restored, the bowels resumed their functions, and at different times he was relieved by the discharge of several small portions of gravel. Encouraged by these advantages, he continued the use of the Seed with increased confidence. In November, 1823, he discharged with ease a large rugged oblong portion of gravel ; and to use his own expression, his health had then and for some time before attained a state of wonderful improvement.

The Mustard Seed is as valuable for the *prevention* as for the cure of disease. Of its power as a

preventive, the following case is a remarkable illustration. A friend of mine had, for five or six years previous to the year 1823, been regularly attacked with hay or summer asthma, in the months of June or July, in each of those years. The attacks were always violent, and for the most part accompanied with some danger. And such was the impression made on his constitution by the disease, and the remedies resorted to, (of which bleeding and blistering were the chief,) that each illness led to a long confinement to the house, extending to a period of nearly three months. In the early part of that year he resolved to make trial of the Seed, in order to prevent, if possible, a recurrence of the asthma; and in the month of March he began the use of it, and has thenceforward taken it regularly once every day (a dessert-spoonful about an hour after dinner) to the present time. During this long period he has not only wholly escaped the disease, but his health has never been interrupted by illness of any kind, and has been progressively improving; and he is now enjoying a greater degree of strength and activity, and much better spirits, than he recollects to have had before. The most formidable bodily evils to which we are exposed are well known to originate in colds, to which, from the extreme variableness of our climate, we are peculiarly lia-

ble. As a means of preventing this fruitful source of disease, the Mustard Seed has, in many instances, been remarkably successful. Ever since June, 1822, to the present time, (a period exceeding three years,) I have regularly taken it once every day ; and during all this time I have never been troubled with the slightest cold, and have enjoyed an uninterrupted flow of health. A near relation of mine too, whose life for many years had been frequently exposed to imminent danger from inflammatory affections of the chest, brought on by cold, of which he was remarkably susceptible, has happily experienced a similar advantage from it. If persons of consumptive and delicate habits, or otherwise constitutionally susceptible of cold, would avail themselves of this hint ; and if all persons indiscriminately on the first attack of disease, unaccompanied by any decidedly inflammatory symptoms, would have recourse to the Mustard Seed for a few weeks, the extent, to which human suffering might be thus prevented, would, it may reasonably be presumed, exceed all calculation.

After what has been said, it is almost superfluous to observe that the Mustard Seed is peculiarly adapted to the case of those, whose habits, situations, and conditions in life render them more particularly liable to disordered functions of the sto-

mach, liver and bowels, with the endless variety of distressing maladies flowing from that cause. Of this class are principally the studious and sedentary, persons whose constitutions have suffered from long residence in hot climates, mariners and sailors while at sea, manufacturers and mechanics of every description, miners and such as work under ground, the indolent and intemperate, the poor who suffer from hard labour and scanty means of support, and persons advanced in years. To children also of the age of twelve months and upwards, the Mustard Seed is highly beneficial as a remedy for worms, and as a means of obviating the extreme debility of the stomach and bowels, so frequently attaching to their tender years. When taken by them, it occasionally throws out a considerable eruption on the skin, a result which has never failed to promote their general health. It is likewise particularly applicable to the disorders peculiar to the female sex, and is of great service after confinement, and especially after severe lyings-in ; and where the mother is a nurse, it is also through her of singular benefit to the child, effectually correcting all irregularities of the stomach and bowels, and thus causing it to thrive in a wonderful manner.

In the Mustard Seed are combined a valuable aperient and an equally valuable tonic ; and thus

while it affords the most salutary and comfortable relief to the bowels, it never weakens, but on the contrary always strengthens, in a very remarkable degree, both those organs and the stomach, and ultimately the whole system. Its efficacy, probably, consists in a communication of energy and activity to those movements of the canal by which the aliment is propelled, and in this way, perhaps, it operates in animating and improving those secretions of the stomach, pancreas, and liver, by which digestion and chylification (those most important functions in the animal economy) are effected. In other words, the efficacy of the Seed in the removal and prevention of diseases does not arise from any specific power over each particular disease, but from the vigour and health which it imparts to the general system through the medium of a greatly improved state of the stomach, liver, and bowels, and by which the constitution is enabled to throw off and prevent the several diseases before detailed. This view of the subject, coupled with the well-known fact, that the great majority of disorders originate in a depraved state of those organs, satisfactorily accounts for the extraordinary success of the medicine in diseases so very various and opposite.

The Seed passes through the body *whole, and very little if at all enlarged*; and thus while it

imparts its medicinal virtues to the system generally, by means of the mucilage constantly flowing from it in its passage through the alimentary canal, it probably at the same time, by its stimulating properties, assists in propelling the contents of the bowels. It has frequently succeeded when all other medicines have failed ; it never loses its effect **by** use ; it requires neither confinement to the house, nor any particular attention to diet ; and in the absence of decidedly inflammatory symptoms is always safe.

DIRECTIONS TO BE CAREFULLY OBSERVED.

THE Mustard Seed is always to be *swallowed whole*, (not broken or masticated,) and either alone, or in a little water or other liquid, warm or cold ; but for children, or persons who find difficulty in swallowing it, the following mode is recommended : each dose, as it is wanted for use, should be washed in boiling water for one or two minutes, after which it may be taken in a little gruel, barley water, or other smooth liquid, and (if necessary) a small quantity of sugar may be added to render it more agreeable to the palate.

Generally speaking, *three doses should be taken*

every day without intermission; the first about an hour before breakfast, the second about an hour *after dinner*, and the third either at bed-time, or an hour before. Those who dine at so late an hour as six or seven o'clock, should take the second dose at two or three o'clock in the afternoon, and the third about an hour after dinner. When taken after dinner, the Seed will, in some instances excite a sense of fulness and distention in the stomach; and where the inconvenience is considerable, the second dose should be taken about an hour before that meal.

The quantity in each dose must always be regulated by the effect on the bowels, which are not to be purged, but in every instance must be uniformly maintained in a perfectly free and open state. Each dose, therefore, should contain *such* a quantity, that the *whole* taken in one day shall be sufficient to produce a complete and healthy evacuation of the bowels every day; an effect to which the patient should always pay particular attention, and in securing which the whole art in the use of the medicine consists. The quantity, therefore, in each dose, is, in all cases, to be ascertained by trial, and must be determined by the observation and judgment of the patient. Generally speaking, two or three large tea-spoonfuls in each dose will produce the desired effect, and with some constitu-

tions much smaller doses will answer the purpose : but should that quantity fail, each dose may be increased to a table-spoonful ; and in some instances a fourth table-spoonful may safely be added between breakfast and dinner.

When this increased quantity fails to produce the desired effect on the bowels, (a circumstance, however, which very rarely occurs,) it will be proper to assist the operation of the Seed with a little Epsom Salts, or other mild aperient, taken every morning, or every second or third morning, as occasion may require, instead of the first dose of the Seed, for the space of ten days or a fortnight, or such longer period as may be found necessary. And if the patient be troubled with piles, it will be advisable to relieve the bowels occasionally with a small tea-spoonful of milk of sulphur, and an equal quantity of magnesia, mixed together in a little milk or water, taken at bed-time, either with, or after the last dose of the Seed.—The following case will serve to show the great benefit which, under some circumstances, may be derived from the judicious use of an aperient medicine. A friend of mine, whose bowels were remarkably sluggish, and who was otherwise much afflicted with disease, took three and sometimes four table-spoonfuls of the Seed every day, without experiencing any sensible effect on the bowels. After

persevering in this plan for several successive days, with considerable inconvenience to himself, he altered his plan, and took a small dose of Epsom Salts before breakfast, a dessert-spoonful of the Mustard Seed about an hour after dinner, and a similar dose of it at bed-time, every day for about ten days; when he found that three moderate doses of the Seed every day (each dose consisting only of a small dessert-spoonful) became amply sufficient to produce the desired effect on the bowels, without any farther recourse to Epsom Salts. It may be proper to add, that a few roasted apples or baked pears taken at night, about a quarter of an hour before the last dose of the Seed, will, in some cases, supply the place of an aperient medicine.

In palsy, asthma, ague, disorder of the liver, rheumatism and worms, the Seed should be taken somewhat more freely than in other cases, and in instances of long-standing and great obstinacy, to the extent of four or five large table-spoonfuls in the course of each day, if the bowels will bear that quantity without much inconvenience; and in these as in other cases, the patient must have recourse to Epsom Salts or other mild aperient, or to the mixture of sulphur and magnesia, if necessary. In *asthma*, the patient should always take the first dose of the Seed before he leaves his bed-room.

When the Seed is taken as a *preventive* by persons of consumptive and delicate habits, or otherwise constitutionally susceptible of cold, or by others for the purpose of preventing the recurrence of disease of any kind, or as a *remedy* for costiveness or any slight attack of disease, a single dose taken every day about an hour before breakfast, (or which is generally to be preferred,) about an hour after dinner, will very frequently accomplish the proposed object, provided it be sufficient in quantity to keep the bowels in an uniformly open and comfortable state.

I will only add, that a steady daily perseverance in the use of the Mustard Seed, according to the directions above recommended, for the space of two, three, four, or six months, and in many instances for a much shorter period, will seldom fail to convince the patient of its extraordinary efficacy and singular value, either by effecting a complete cure, or at least by affording very solid and substantial relief. The remedy is, indeed, so perfectly safe, and the advantage derived from it is generally so certain and so very considerable, that should a trial of one or two months fail to produce any sensible benefit, he has nevertheless ample encouragement to persevere. And he is not to be dismayed by occasional returns of the disorder (which are to be expected, when it is obstinate or of long-standing ;)

since each succeeding attack will be less severe than the former, and the intervals between them, will be successively enlarged, until by degrees, the disorder will, in all probability, be finally subdued and health ultimately restored.

I. T.

Lincolnshire, October, 1825.*

THE foregoing simple narration of the origin and progress of that celebrity which the White Mustard Seed has so almost exclusively obtained for itself, and the no less artless enumeration of the various disorders, in which it has been *found* useful, leave me little to do in order to its being yet more extensively adopted. I have rather, therefore, to bear testimony to the truth of this statement, and to account for the seeming absurdity of such a classification of disordered states.

This I am enabled, from much personal intercourse with the writer of it, at once to undertake,

* Since the last edition of these Observations, several editions of this tract have been printed, with slight verbal alterations, and many thousand copies have been circulated: but as no material alteration has been made in it, and as I know that it still speaks the sentiments of the writer, I have merely reprinted it as it stood in the third edition.

and to substantiate. There will, indeed, be little difficulty in reconciling a discrepancy of statement, even thus apparently great, save in the view of those who are ignorant of the vital importance of the state of the digestive organs and functions, either as regards the production, or the removal of disease; who know not that the stomach is, in the physical system, exactly what the heart is in the spiritual—the source from which every thing that is good, or evil, proceeds.

It is by means of the internal surface of the alimentary canal, that the human fabric is first built up,* and afterwards sustained. On the healthy

* Hence the magnitude of the importance of the food and regimen of children, particularly of those who manifest a *pre-disposition* to debility and disease. Food which is not digested does not afford nourishment, and it is only that which nourishes, that gives any durable vigour or support; and it is no less true, that the digestive organs are liable to injury at a much earlier period than parents usually imagine, or they would more commonly abstain from giving children such substances as their stomachs are utterly incapable of digesting, and thus subjecting them to the necessity of taking medicine. From this cause it is that the complaints of so many children arise, and that the lives of so many more may be said to consist in a perpetual struggle between remedy and disease, the one often proving as destructive to sound health as the other.

To the formation of a vigorous frame, a certain quantity of support is necessary, and if this is not supplied, its powers

actions of this extended surface, the healthy actions of all other parts of the body mainly depend. The abdominal organs concerned in the process of digestion and chylification are all linked in the strictest bonds of sympathy. The stomach, liver, intestinal canal, and pancreas, are so associated in office, that no *one* can be deranged in function without drawing in the others to a participation. This is now universally admitted. The tissue, or membrane, which lines the digestive organs from the mouth to the rectum, is a secreting surface, which is constantly pouring forth a fluid that is necessary for the digestion of the food in every stage of its progress. And it is a well-known fact, that, where any gland or secreting surface is over excited, the fluid secreted becomes unnatural in quantity or quality. It is sometimes diminished, sometimes increased, but always depraved. This is familiarly exemplified, when the mucous membrane of the nose and bronchi happens to be acted upon by sudden atmospherical transitions, as in a common cold. At first, the membrane is dry and half inflamed; afterwards, a more copious secretion than usual comes pouring forth, and of so acrid a quality as to excoriate the nose and lips themselves. It is

sooner or later fail. It signifies nothing to the general economy, whether the fault is in the stomach, or in the intestines, or any where else.

just so with the mucous membrane lining the stomach and bowels. When inordinately or improperly excited by the quantity or quality of the food and drink, the secretions are irregular and morbid; and therefore a constant source of irritation is generated in this important class of organs. This irritation is propagated by sympathy (for we have no better term to express the fact) *to almost every part of the human system*, and the discerning practitioner can clearly detect the impaired functions of the abdominal viscera *in the state of the mind, the nerves, the muscles, the excretions, the skin, and even the joints and bones.* The great, but neglected truth, cannot be too frequently brought forward, that, *when any one part of the system is inordinately excited some other part or parts are deprived of their due share of vital energy*, as we every day see exemplified in what is termed, derivation by blisters, &c. Now, when so large a share of irritation, and consequently of excitement, is kept constantly concentrated round the digestive apparatus, it is easy to see how *the animal and intellectual systems must severely feel the loss.* *The deranged state of the nerves, the irritability of the temper, and the want of tone in the muscles*, which are so conspicuous in stomach and liver complaints, afford the most convincing evidence of the truth of these positions.

When we consider the various ways in which the functions of the liver and digestive organs may become disturbed, both by the direct application of irritating substances to the viscera themselves, and by their associations with the surface of the body, the brain and nervous system, &c. we need not wonder at the extent to which this class of maladies has arrived in modern times, and especially in the upper walks of civilized life.

The chain of sympathies between the skin and the abdominal viscera is remarkable. In this climate, therefore, where all possible changes of atmosphere are more extensive and sudden, than in any other part of the globe, the frequent disturbances in the vascular and nervous system of the skin, from atmospherical mutations, are perpetually disturbing the balance of the circulation and excitement in the interior organs.

In enumerating the causes then of these disorders, I would *first* specify the effects of atmospherical vicissitude, since, upon the whole, this is the most operative cause of functional derangement of the viscera in this country. This particularly affects the lower classes of society, where want of bedding and clothing exposes them to the influence of cold and dampness. It has been supposed, even by those who ought to reason better, that people can hardly be too lightly covered at night.

But is there not much greater danger from the effects of cold, when the body is scantily covered, than from any consequence likely to arise from a superabundance of clothing ? In the one case the sleep is frequently broken by the disagreeable sensations of cold, and the refreshment, on getting up in the morning, is very incomplete ; in the other, even if there should be a considerable increase of perspiration, the sleep is followed by vigour and refreshment.

The Russians, who are every night bathed in perspiration, in consequence of sleeping over their ovens, resist the severity of their climate, and are more exempt from pulmonary complaints than almost any other nation. A large class of artisans and mechanics, in this country, suffer from biliary and dyspeptic derangements, by the application of cold and dampness to the feet, while they are employed in sedentary avocations, and consequently, when the circulation is languid on the exposed surface of the extremities.

But we have not only the want of uniformity in our own climate to contend with. The great and necessary intercourse which the English have with their tropical colonies, occasions a great annual importation of diseases of the liver and other digestive organs, which must form a prominent item in the class under consideration. When it is re-

collected, also, that the offspring of individuals affected with biliary and gastric complaints, very generally inherit a strong predisposition, *at least*, to the same maladies, we may form some estimate of the rapid strides, which these diseases are now making among all ranks of society! Thus we see a variety of causes first engendering derangements of the digestive organs, and thence an organization transmitted from parents to children, which is highly susceptible of these derangements, from even the slightest causes.

The next cause in order, of importance, is the habit of drinking spirituous and fermented liquors, which have a direct, and indeed a *specific* effect, in deranging the functions, and ultimately the structure of the stomach, liver, and intestines. To this we must add in general terms, every sort of intemperance in food.

The manifestations of the mind correspond with the derangements of the corporeal organs and functions. Thus the drunkard is incapable of attention; fails in his memory and judgment; becomes irresolute, timid, nay, even cowardly. The morning hours hang heavy upon his hands, and he is miserable till he is again under the influence of that stimulus which habit and disease have now rendered necessary to his comfort. Finally, he sinks into sottishness and stupidity, and com-

monly dies paralytic, apoplectic, dropsical, or maniacal.

But as it is to the digestive organs that the inebriating materials are immediately applied, so *they* bear the onus of the morbid effects. The liver is injured, and its secretions are deteriorated in a remarkable manner. It is well known that, the livers of animals fed on the grains left after distillation and fermentation, are found indurated and enlarged. It is just so with hard drinkers. The constant irritation in the line of the digestive organs keeps up a determination of blood to these viscera, ending in congestion, chronic inflammation, or obstruction. In this country, where such an enormous quantity of ale, wine and spirits is annually consumed, the mischief is proportionable, and in this way, alone, the great prevalence of stomach and liver complaints might be nearly accounted for, but unfortunately there are many other sources of the same mischief.

If among the labouring classes of society, in this country, we see many swallowing great quantities of fermented liquors, without any apparent ill effects, we are not thence to infer, that the artisan and mechanic, and much less the sedentary, the inactive, and the dissolute classes, can pursue the same practice, with similar impunity. The marked and decisive effects of intoxicating liquors

on the liver, and its secretions, have been noticed in all ages, and are familiar even to vulgar observation.

It is observed by Dr. Baillie, in his work on *Morbid Anatomy*, that tuberculated states of the liver are most commonly found among people addicted to strong drink. Now, if hard drinking, and particularly dram-drinking, be capable of exciting this terrible and incurable disease, derangement of structure in the liver, it requires no great stretch of credulity to believe, that a *less excessive use of spirits, wine and beer*, such indeed as is daily practised, may be quite adequate (particularly in conjunction with other causes) to disturb the *functions* of the organ in question ; and this truth is hourly forced on the notice of every medical man who has any pretensions to discrimination.*

* The last and most difficult piecee of knowledge attained by the Physieian is—the power of Diserimination, and that *almost instinctive sagacity* which penetrates at a glance, the idiosynerasy of the patient before him, and perceives at once the plan of treatment that is most suited to his ease. Indeed *tact*, as it has justly been denominated, in diseriminating diseases in the living body, can only be attained by those who have acquired an intimate knowledge of the natural strueture of the human frame, and have had long and eonstant opportunities of visiting the sick. The possession or the absenee of this faculty constitutes, in fact, the main difference between one medical practitioner and another. What Lord Bacon says of love,

It is not, however, so easy to explain the *mode* in which *fermented liquors* act on the hepatic system. To consider them simply as *stimulants*, will not avail us; for we see the hottest spices of the East and West devoured in large quantities, without any such effect. As a deficiency and irregularity of the biliary secretion, almost invariably characterise the long-continued use and abuse of spirits, it is not unreasonable to infer that they act, at first, as *specific stimuli* on the liver and its ducts, as well as on the whole chyliferous apparatus, gradually wearing out their excitability, and leading to paucity of biliary secretion, and deficient action in the lacteals.

With respect to food, it is a curious fact, that in most hepatic diseases, whether of function or of structure, the appetite, though often irregular and capricious, is not often defective; a circumstance which is by no means fortunate for the patient, because the digestion is never good. The consequence is, that although intemperance in food may not have given rise to the disease, it now contributes to aggravate it. That the habit, however, of

seems applicable to disease: "Love," says he, "is not manifested by staring in the face, but is communicated by slight glances, and sudden quick sparkles of the eye." Habits of attentive observation, too, are also necessary to enable us to know, with any thing like certainty, either the effects, or the powers of medicines.

indulging in the pleasures of the table is one of the contributing *causes* of biliary derangements cannot be doubted, since not only gluttons of the human species, but other animals if overfed, are very subject to enlargements of the liver : and as there is no people who fare more sumptuously than the English, and that, too, on the most substantial dishes, we are fairly authorized in setting down *intemperance in food* as one of the causes of hepatic derangements.*

* There is, perhaps, but one way of correcting that weakness of character which leads a man to eat and drink what he *knows* will do him harm. The greater part of mankind seem not only to lose the benefit of the experience of others, but of their own. They suffer their health to be undermined, and their ease to be perpetually broken in upon, for want of fixing their attention steadfastly upon their feelings, and connecting the circumstances upon which they depend, strongly together in the mind. Ideas stamped upon the memory with great distinctness, have undoubted power in deciding the will, and very frequently they prove capable of resisting the seductive tendency of impressions, made by present objects. To pass our table transactions in frequent view, as the golden verses ascribed to Pythagoras recommend with regard to our whole conduct ; to dwell upon their consequences, particularly their disagreeable ones ; to call up in lively colours before the imagination that delightfully free and unencumbered state of all the faculties which accompanies an easy digestion ; to compare what is lost and gained by throwing into the stomach such materials as tend to disorder and distress it, is our best

Particular kinds of food, too, are more calculated to derange the functions of the liver, through the medium of the stomach, than others—as fat, rancid, and oily meats, together with the long catalogue of pastry, confectionary, and made dishes.

It is however, principally by the *quantity* of our food that we injure the tone of the digestive organs. Those portions of our aliment, over which the stomach and duodenum cannot exercise the full power of digestion, pass slowly or rapidly along the intestinal canal, as *foreign and irritating matter*, keeping up a constant irritation there, and producing a host of morbid associations in various other parts of the system.*

preservative against the danger of becoming Dyspeptic and Hypochondriac ; and without this our physical expedients will hardly get fair play. To oppose reflection to sensation is indeed the *only* resource in this and many other cases of temptation, unless a higher influence befriend us, by bringing to our remembrance that whilst it is written, “every creature of God is good, and nothing to be refused, if it be received with thanksgiving :” it is also written, “whether therefore ye eat or drink, or whatsoever ye do, do *all* to the glory of God :” and that he cannot be said in any sense to obey this divine command who, by even *comparative* excess, renders himself less able to perform his duties to God and man.

* Diet, judiciously ordered, equally promotes bodily and moral health ; for good digestion favours refreshing sleep, and

A fourth cause of great influence in this country, is the “Play of the Passions.” The people of England, from their geographical situation,

causes corporeal hilarity conducive to moral enjoyments; while on the contrary, a disordered state of the stomach and its dependancies creates troubled dreams and irritations of temper. Nay more, I am disposed to believe that some kinds of Mania may be attributed to *continued* disturbances of the stomach and bowels, (whether by improper food or medicines,) which in time deprive the oppressed sufferer of the power to distinguish between his sleeping and waking dreams; nor will it seem incredible to others, if they for a moment recollect the extent of their internal surface; of what that surface consists; and how quickly each painful sensation is conveyed to the brain from the irritated extremities of its innumerable nerves. Attention to temperance, and to a select and easily digested diet, is more especially needful for persons addicted to severe study, and to those who are suffering from anxiety or distress. It may also be assumed as a general fact, that the hurtful influences of mental labour, or of moral suffering, prove more injurious to bodily health as life advances, and that such causes commonly produce their first bad effect upon the stomach and bowels. Can any other argument be thought necessary to evince the universal propriety of physiological information? What is reasoning, but to trace the order and relation of events? and how is it possible for one to be rational with regard to himself, if he be not made sensible of the precise result of a given line of conduct? Without this, how shall any one, in danger of doing so, avoid throwing himself into situations of misery, as extreme as he beholds in the case of others, more advanced in the scale of such affections than himself.

mercantile habits, and political character, experience a more energetic excitement of the mental functions and faculties, than any other people on the face of the globe. This is speaking collectively ; but when we analyze the different classes of society more minutely, we shall find that the pursuits of a commercial and manufacturing life must involve their votaries, for obvious reasons, in a train of doubts, anxieties, and agitating passions, which have a peculiar influence on the biliary and digestive organs in particular. The effects of strong and sudden emotions, as fear, surprize, grief, &c. on the stomach and liver are subjects of every day's observation ; and the same causes operating more slowly and imperceptibly, at length effect the most serious derangements in these organs, and their functions. From the known sympathy between the sensorium and the viscera, we may reasonably infer that, when intellectual operations are carried on with immoderate zeal ; or the mind is kept in a harrassed and anxious state, a portion of vital energy is, as it were, withdrawn from those organs with which the brain sympathizes, in consequence of which their functions become disturbed, or even suspended. A familiar example of this may be seen, in all its degrees, among the class of sedentary literati, whose biliary and digestive organs are torpid in proportion to the over-

strained exertion of their mental faculties. Even of the tradesman and artisan, though they have somewhat more corporeal, and less mental exercise than the class alluded to, we may assert, that their exercise being of a confined and partial nature, while their minds are very generally on the stretch, respecting their individual interests and wavering prospects, they do, on the whole, participate more than might be expected, in the very same diseases to which their more learned brethren are subject.*

* If this be the case with those whose corporeal and other powers of resistance have arrived at their fullest strength, how much more truly may it be affirmed of those who are yet in that progressive stage, which precedes the full developing of the system. Of how much moment then is the physical, as well as the moral, education of children. We have only to observe the manner in which strong feelings act, to judge of the comparative influence of less powerful impressions. Correspondent to the degree in which sensations exert their influence, a reaction is produced, which we distinguish by the term, "emotion." The agitation produced by the first sensation is immediately communicated to the whole nervous system; and according to the nature of the impression made upon the mind, a commensurate sympathy is felt in the animal economy. To reiterated or continued emotions, affections succeed, and (the term being applicable to unpleasant as well as pleasant states of the feelings) certain trains of agreeable emotions produce those affections which increase the force of the vital energies, while emotions of a different nature tend to depress them. Convinced as we must be, how much our relish and enjoyment

We come now to trace the consequences of those checks and interruptions of the biliary secretion. It is conjectured, for it cannot be accu-

of life in all its stages depend upon the state of the mind, we cannot for a moment doubt its influence at that early period, when the frame is most susceptible. Under circumstances of great anxiety, with what activity do the vital properties sympathize! With what rapidity do they pass from the highest to the lowest degree of energy! The whole habit feels disordered—the muscular fibres lose their tone, and the stomach becomes affected; such is the subservicency we involuntary pay to the nervous influence, which to the animal system is what the sun is to the flower. What indeed has aptly and poetically been termed, “the sunshine of the mind,” has in every part of life the same happy effects; but its presence is the most indispensable in that early stage, when the developing of the intellectual and organic system may be said to depend in no small degree upon its influence.

The interest which appears due to this subject will be increased, when we look around us and behold the silent inroads which deformity and disease have been making upon the health or beauty of the present generation of females, and consider that their great natural susceptibility makes *them* peculiarly allied to suffering, and gives them a conformation less favourable to mental tranquillity. So much is this the ease in civilized society, that it often happens that few in number are the merely physical causes of evil, in comparison with that inexhaustible moral source which is derived from the disposition to create sorrows by imagination; to perpetuate them by reflection, and to multiply them by apprehension and anticipation. The natural counterbalance of this, is that

rately ascertained, that, in ordinary states of health, about six ounces of bile are secreted in the twenty-four hours. It has been demonstrated also, by

organization, which renders the motions fugitive in proportion to their violence. But by education we diminish this great natural spring of ease and consolation, in the degree that we increase the disposition to reflection, and turn the mind upon itself. Yet such is the first aim of intellectual instruction ; and the new condition in which we thus place the mind ought to remind us of the delicacy and tenderness with which the task should be performed ; so that in proportion as we render the system susceptible, we may diminish the sources of irritation and pain.

But it is a duty in many cases to pursue the means of diminishing rather than of increasing the action of the intellectual functions. When we observe a weakly physical organization united to that exquisite delicacy of perception, that finely constituted mind, cognizable in some delicate females, at an early age ; we have reason to suspect that the energies of life are far from strong. That precocity of intellect, that brilliancy and exuberance of imagination, which parents are so fond of contemplating in their children, conceal too frequently under a flattering surface a frightful danger. In the strict economy which nature practises, this extra development of the intellect can scarcely take place but at the expense of some other part of the system ; and in those young subjects in which it is remarkable, particularly when it is accompanied with weak stamina, it behoves us to attempt to balance the general powers, and to counteract this inordinate action of the intellectual functions, by adequate muscular movements in exercise. The records of navigators furnish us

direct experiments, that this secretion does not proceed at an uniform rate ; on the contrary, it is known that during the time our food is digesting

with the accounts of different tribes of savages, who are willing to barter, for a present gratification, their most essential necessaries ; in civilized life we are apt to reverse this picture, and to make the sacrifice, not of the future to the present, but of the present to the future. Such is the case, when in our anxiety to give our children accomplishments, which shall decorate the years to come, we overlook the important wants of the present hour, though they are essential to that health, which alone can warrant us to expect the period, which such decorations are intended to embellish.

By aiming, therefore, at this mental brilliancy, where the powers of life are weak, we run great risk of destroying the very basis upon which it is founded, and of rendering the glarc short-lived in proportion to its brightness. In both sexes the finest genius appears often connected with peculiar delicacy of constitution ; and, under similar circumstances, it behooves us to be vigilant, lest, in our too great anxiety to give expansion to the former, the latter should suffer irretrievably. Where an enemy lies in ambush in the constitution, its advances are made frequently under cover of those accomplishments, elegant or literary, with the display of which it is natural to be pleased. But it seems supposed, that the studies of females, from their lightness and less profound nature, are less likely to be dangerous to the health, than those of the other sex ; yet from this very cause they are frequently more so ; and hence, one reason why their health more frequently suffers at school than that of boys. The more light and superficial is the character of study, the lower degree of interest does it excite, and commanding

in the stomach, the pylorus is closed, and biliary secretion diminished; whereas when the chyme begins to pass into the duodenum, the biliary se-

less the activity and exhausting less the excitability of the mind, it increases greatly the irksomeness of the confinement. From this and other causes, among which may be generally considered an inadequate degree of muscular exercise, the female habit, particularly in the early part of life, displays an organization of the most irritable and susceptible character. Hence the prevalence of consumption, scrofula, and spinal disease. It is, truly, at once a melancholy and appalling consideration, how large a proportion of young women of the present day, who are fashionably educated, whether at boarding schools or at home, are the victims of some one or other of these diseases; and in reflecting upon this, it is impossible not to be struck with the humbling lesson which is thereby read to the pride of man. Is, then, all the boasted intellectual superiority of the present day purchased at the expense of our physical powers? Does not the author of our being thus show us, that we cannot highly cultivate one part of our nature without injury to the other? Is knowledge a weakness? Is genius a disease? One thing at least is certain, the bodily strength of the females of the upper and middle classes of society has been materially injured by the fashionable modes of instruction which have now for many years prevailed; the parents therefore of the rising generation, and the teachers of it too, should have their eyes opened to the frequency of these diseases, and the picture of their miseries, their causes, and the means of their prevention, should be from time to time held up to them. It is only by so doing that those, who have, to speak collectively, *the care of health*, can be said to fulfil the duty which they

cretion is rapidly augmented. These facts sufficiently prove, that the fluid in question is necessary for the separation of the chyle from the chyme, during its progress along the tract of the small intestines. The consequences indeed of the want of bile in the alimentary canal are truly momentous.

In the *first* place, a defective assimilation or nutrition must ensue, when the peristaltic action of the intestines is unnaturally torpid, because the chyme is not presented in a proper manner to the mouths of the chyliferous tubes. From this source alone must arise a considerable share of

owe to the public, or that any rational hope can be entertained of checking the fearful ravages of these diseases, particularly of the last, by leading them to reflect on these things, and their consequences. I would urge them to consider, whether the sum of human happiness, virtue, and social usefulness, has or has not increased by this barter of physical strength and mental peace for those accomplishments, which, in the struggle of acquisition, render their possessors incapable of long retaining or fully enjoying them. To go beyond this point, in speaking upon a subject to which I have not adverted without much of anxious feeling and many painful recollections, would be to overstep the bounds which are prescribed to me as the minister of *Health alone*, or I might ask, with even yet more seriousness of inquiry, are those who have the care of children quite sure, that in thus far immolating them on the altar of this world, they run no risk of depriving them of all "good hope" of "that which is to come?"

that *debility* and *emaciation* so generally attendant upon complaints of this description.

In the *second* place, many prejudicial chronological changes and extrications of injurious principles must take place during the retarded progress of the alimentary matters through the intestines, partly from the remora itself, and partly from the deficiency of bile. From this source arise those *flatulencies*, *eructations*, *acidities*, &c. which create such uneasy sensations *along the whole line of the alimentary canal*.

In the *third* place, the extraordinary delay of the fecal remains, in the first passages, cannot but be prejudicial to health, as every one must have observed in his own person, during even a temporary confinement of the bowels. From this source arise *Piles*, and *other* disorders of the lower bowel; partly from the mechanical obstruction of the hardened faeces, partly from the torpid circulation in the liver preventing a free return of blood from the haemorrhoidal vessels. In this way also arise, in part at least, those *Headaches*, so frequently attendant on constipated bowels; and which seem, in many instances, to be occasioned by the masses of hardened colluvies in the bowels pressing on the descending aorta, and causing an unusual quantity of blood to be distributed to the head, *with pain, vertigo, and other uneasy sensations in the senso-*

rium, and about the heart. And here we may trace *Dropsy*, as I believe, to its source. As far as my experience goes, it is very seldom idiopathic, but almost constantly symptomatic of visceral disease, either organic or functional; and of all the viscera, whose derangements have the power of exciting dropsy, the liver may be said to hold the foremost rank. This will, I think, be readily admitted by every practitioner, who has had an opportunity of investigating disease by dissection.

In the *fourth* place, a deficient secretion of bile, and torpid state of the bowels, admit of, or give rise to, accumulations of mucus throughout the whole line of the primæ viæ, which prove exceedingly prejudicial to the gastric and intestinal digestions, and aggravate all the symptoms before enumerated. This mucus frequently becomes so viscid as to obstruct, in a very considerable degree, the passage of chyme and fæces along the line of the intestines, and also the extrication of bile from the ducts of the liver into the duodenum, in consequence of which the fluid itself becomes inspissated, and obstructs the ducts of the liver. At other times, this mucus, by preventing the bile from passing out of the duodenum *downwards*, causes it to rise in the stomach, which either brings on *sick headaches*, or bilious vomitings, that are taken by the patient, and often by the medical attendants themselves, for

indubitable proofs of redundancy in the secretion of bile, when the original evil was, in reality, a deficiency of this fluid, and a torpor of the organ which secreted it.

Fifthly. The torpid action of the liver, by proving a check to the circulation of the blood in it, and of course, preventing the same quantity of blood being transmitted through the arteries of the stomach and intestines, in a given time, as when the office of secretion is going on briskly, must of necessity, produce *an unequal distribution of blood*, giving rise to *various anomalous symptoms*, but particularly *headaches, giddiness, dimness of sight, flushings, and irregular determinations to particular organs*, according to the idiosyncrasy of the individual, and his peculiar habits of life.*

* In order to throw some light on this subject, we have only to advert to certain phenomena which are constantly presenting themselves to our senses. Let us take *sensibility*, for example, as manifested on the cutaneous surface. In one person, the prick of a needle or other sharp instrument will produce but a slight and momentary pain—in another, exquisite suffering—in a third, fainting—in a fourth, locked-jaw; yet, in all these, the local effects will be precisely the same, namely, a slight inflammatory areola round the puncture. Whence can proceed these various effects, but from diversity of individual disposition—in other words, *idiosyncrasy*?

If, from the cutaneous sensibility, we pass on to the propensities or aptitudes to contract particular diseases, we shall find

Sixthly. Although, in general, while a torpid secretion of bile obtains, this fluid will be insipid and inert, yet, from various causes, and particularly

an infinite diversity in individuals. Some people will be exposed to a focus of infection for days and weeks, with impunity ; while others, of apparently similar constitutions, become its immediate victims. It is not robustness of constitution, nor equanimity of mind, which resists the contagion—but often the very reverse. And this is not only the case with smallpox, typhus fever, and the plague—the same observations will apply to diseases, which are caused or propagated in other and different modes. Every day we see blows on the head—suppressions of perspiration by cold—excesses in eating or drinking, borne with little or no sensible effects by some people ; while in others, the slightest concussion—the least excessive exercise, eating, or drinking, will be followed by violent inflammations of the head, chest, or digestive apparatus. What, but idiosyncasy, can account for these differences of result ? Again, let us look at these individuals when actually infected with diseases. Some get well in a few days—others linger a long time under the same affection, and a third class are quickly cut off and perish—the malady appearing of the same nature in all. Nor is it the intensity of the disease, or the extent of the inflammation which can explain these differences. If we take inflammation of the chest, for example : in some people, who die, a small portion only of one lobe in the lungs will be found inflamed—in others, almost the whole of both lobes will be thus affected, and yet they will speedily recover. In these last, the vital resistance is superior to the disease—in the former class it is inferior. Now, as it is quite impossible to say, in the beginning of a disease, whether or not the degree of vital

from atmospheric influence, the biliary organ is occasionally roused, for short periods, from its lethargic state ; at which times, a comparatively inordinate secretion takes place, but of a very depraved quality, as evinced by the dark and variega-

power is equal to overcome the malady, since there are no marks of external form or internal function by which it can be known —so the science of prognosis, (or the art of foretelling the events of diseases) is proverbially fallible, and it is to be feared will ever remain so. A history of the individual's habits, former ailments, and peculiarities of disposition, is the only information of any real value to the medical practitioner, since there are few persons who have not some part of the body weaker than the rest. In many families the weakness of various parts, and consequently their liability to disease, is even hereditary. On this account, the same disease often produces different symptoms in different individuals, and affects in one patient the head, in another the chest, in a third the abdomen, &c. so as often to render it doubtful at first sight what the disease really is. These remarks might be extended to much greater length in their application to constitutional peculiarities with regard to certain articles of food and medicine—but such are familiar to every one. Who, for instance, does not know that the smallest morsel of cheese to some persons is almost poisonous—that a single currant or strawberry will produce in others the most distressing spasms and convulsions—and that one grain of mercury will now and then occasion the most deplorable salivation ? Who then will be surprized to be told, that I have met with one case of individuality so peculiar, that *ten Mustard Seeds*, taken once a day only, were sufficient (I speak the language of the subject of it) to fulfil *every* desirable purpose ?

ted colour of the stools—by their peculiar fœtor—and by the various uneasy sensations produced in the line of the alimentary canal.

Seventhly. During a torpid state of the biliary secretion, there is frequently an absorption of this fluid into the general circulation, probably during its delay in the biliary pores themselves, giving a decided tinge to the eye, or even to the skin ; or else that peculiar sallowness, denominated so appropriately *bilious*. The absorption of genuine and healthy bile, as in simple obstruction of the ducts causing jaundice, is accompanied, as is well known, by a peculiar lassitude of body, and despondency of mind ; from which we may judge of the effects produced by that habitual state of absorption, when a *depraved fluid* is constantly draining into the circulation, and diffusing its deleterious influence over every function of the body and of the mind ! The effects resulting from this cause are, in all probability, greatly aggravated by *non-secretion*, or the delay of those principles in the blood which, in a state of health, would have been converted into bile. To this source may, in part at least, be traced the origin of those symptoms hitherto, and perhaps not improperly, termed *Nervous*, which are as distressing to the patient, as they are trying to the practitioner. The latter, indeed, frequently treats them as ideal, or imaginary ;

but from this, and a following consideration, they may probably be classed as real and severe affections of the nervous system.*

The absorption and non-secretion of bile, while they account for the peculiar tinge of the eye and skin, explain another circumstance which often passes unnoticed, viz. the *pain* and *heat* and some-

* Who is unacquainted with the powerful influence of the liver on the nervous system? or who is ignorant of the miserably distressing states of the mind, which frequently arise from hepatic disease, in consequence of this influence? Of all the sympathetic effects, which spring from the derangement of the biliary organs, I know of none more perplexing; nor is there any class of patients more to be pitied, than such as are called nervous and hypochondriacal. Their inward distress is extreme, and yet they seldom excite sympathy in those that surround them. How many patients have I seen, whose life was miserable from such causes, and who would have most gladly exchanged it for death, had not the resources of religion been present for their relief and consolation. It is indeed a miserable sight to remark the melancholy, the irritability, the despondency, the languor, in short the almost total incapability of dragging on existence, which is frequently observed in such patients, although to a spectator they scarcely appear deficient in health, or to want any of the ordinary sources of enjoyment. This picture is not overcharged. The distress often exceeds it, and not unfrequently leads the unfortunate sufferer to commit that crime which, above all others, excites the most painful ideas of the weakness of human nature, or induces such a state of mental imbecility, and discontent with the world, as renders him a burthen to himself and his friends.

times difficulty so frequently experienced in making water, whenever the biliary system is deranged. This symptom is almost constant, I am told, in all severe hepatic affections in tropical climates ; and though in a somewhat less degree, in this country, where it is chiefly the *function* of the liver that is disturbed, yet, in a majority of instances, it may be detected, and it will assist in the diagnosis of the disease. Even the furred tongue and bitter taste in the mouth, though generally dependant on a disordered state of the stomach, may frequently be attributable to this absorption and non-secretion of bile.

Eighthly. The torpor of an organ, especially *an organ of such magnitude as the liver*, must, by its sympathies or associations, occasion considerable derangement in the balance of excitement throughout the system ; in other words, while the torpor is diffused from the liver to the alimentary canal, partly from sympathy, and partly from the deficiency of bile, a morbid excess of irritability accumulates in the nervous system, which inequilibrium of excitement explains in a great measure, *those mental symptoms* accompanying a disordered state of the biliary and digestive organs.

It must be recollected here, *and well it deserves to be borne in mind*, that all those effects *on other organs and parts of the system* resulting from as-

sociation with the liver, become in their turn, causes or reagents, reflecting back upon their source an aggravation of those ills, which were originally disseminated thence. This is so clearly evinced in the action and reaction between the biliary and nervous systems, that, in many instances, it is difficult to say in which system the malady commenced. Indeed, any great degree of grief, anxiety, or other depressing passions of the mind, will as certainly derange the functions of the liver and digestive organs, as the derangements of those organs will produce *despondency, irritability, fickleness of temper, and other disturbances of the nervous system.*

This principle, or *inequilibrium*, in the balance of excitement in the system from the torpor of one organ or set of organs, is applicable to an explanation of several diseases under the head of *nervous diseases*, which have hitherto baffled all speculations. In St. Vitus' Dance, for instance, there is as invariably a torpor of the uterine system, or biliary and digestive organs, as there is an inordinate excitement in a particular class of muscles and nerves, where nature appears to exhaust or expend the morbid accumulation, by what appear ridiculous and extravagant motions. This seems the natural cure of the disease, and of course requires length of time for its completion ; but the

most effectual artificial cures are conducted exactly on the principle in question, viz. by a course of such medicines as are best calculated to *re-establish the balance of the circulation and excitement*, and restore the energy and action of the uterine, biliary and digestive organs. On this principle also, may be explained many cases of *Epilepsy*, *Hysteria*, &c. &c. where the balance of excitement is occasionally, or *periodically* disturbed, and a morbid excess of it thrown on the brain and nervous system. Where this is the case it is of great importance to attempt to interrupt the regularity of such attacks—for they are oftentimes continued by the power of habit only. As the traces of ideas which are not from time to time renewed, gradually become entirely effaced, so the Epileptic and Hysterical aptitude may be destroyed.*

* Of this an instance has been brought before me since the first edition of these observations was published, and it is one which evidences in no slight degree the value of the medicine the use of which I am advocating. A lad of twelve years of age, who had been long subject to a regular epileptic seizure once a week, and who had had the advantage of medical advice in London, for about two years, to no purpose, took the Mustard Seed with so much advantage as to cause the fits to cease for six weeks—they have now returned, but I am well satisfied that a perseverance in the use of a remedy by which they have been so much interfered with, will effect an ultimate cure—and upon the above principle; the habits of disorder,

There is great reason to believe that hydrocephalus, *in a majority of cases*, depends on a preceding torpid state of the liver and bowels, occasioning a morbid irritability in the vessels and coverings of the brain. Independently of the known sympathy between the brain and liver, any obstruction to the free circulation of the blood through the latter organ will cause *plethora* and *congestion* in the former, and thus lead to effusion in an organ so soft and delicate as the brain of a child. The best mode of cure in hydrocephalus illustrates this reasoning: if the *premonitory* symptoms of hydrocephalus be noticed, and the torpid abdominal viscera be roused into action by proper means, the actual inflammation and effusion in the head will generally be prevented. And who can doubt that many cases of *Apoplexy* and of *Hemiplegia*, or that many *affections of the Chest*, arise from the same source, who has *any* knowledge either of the doctrine of sympathy, or of the consequences of irregular distributions of nervous and vascular energy? I would particularly specify *Asthma* and *Water in the Chest*, and that peculiar state of lungs which is so appropriately denominated *Weakness of Chest*.

like the habits of *the man*, being once materially broken in upon are not easily re-established.

I trust that under these eight heads, a rational explanation has been given of those symptoms depending on, or connected with, *derangement of function* in the biliary and digestive organs, without any hypothetical speculations ; and if this be granted, we have probably gone some way in elucidating the wide range, not merely of what are termed *Bilious*, but of *Nervous*, *Hypochondriacal*, and *Hysterical* complaints. At all events, whether we consider these last as causes or consequences of the functional derangements in question, we shall find that our best remedial measures hinge on this view of the subject ; and that considering the hitherto intractable nature of these disorders, the success attendant upon a plan of treatment founded upon it, will be as superior to any other practice, as the explanation here attempted is more simple than the loose and indefinite ideas so long prevalent in regard to this class of human infirmities.

Before entering on the causes and treatment of biliary derangements, I shall add a few words on a subject which has not attracted sufficient notice. Not only are *glandular enlargements* and *many local sores*,* but also a very great portion of *cuta-*

* These affections have commonly been considered as the offspring of an impure state of the blood ; and when we see persons, particularly young ones, in whom every scratch festers into a sore, as in scrofula or scurvy, and to whom every

neous eruptions and *blotches*, to be traced to disordered states of the chylopoietic viscera—the most effective measures then, which we can use for the cure of these disorders, are such as tend with the greatest certainty to augment and meliorate the biliary and other secretions.

Mental Agitation. I have already stated, that the people of this country have a higher degree of mental energy, and experience, from their political, commercial, and manufacturing habits, a greater range of mental agitation, than the inhabitants of

accident is the occasion of *after-suffering*, as is evidenced by the general history given of almost every tumor, as well as of every Spine, Hip, and Knee disease—when we observe that the atmosphere alone will change the disposition of every action—that poisons introduced, and acting upon the circulating medium will induce the most powerful effects upon the whole system, it is impossible not to be humoralists in a considerable degree—we cannot exclude the influence of a depraved state of the blood ; but as it is invariably connected with, if not produced by, disorder of the digestive organs, the effects which partly arise from both causes are often exclusively attributed to one. There is indeed no case of disorder in which the stomach and other parts of the digestive system are not affected, and the profession and the world are under the greatest obligations to Mr. Abernethy and others, for disclosing to them, in the most convincing and impressive manner, the truth, which so long lay unheeded, that health and strength spring from a right performance of the chylopoietic functions, and weakness and disease from their disorder and derangement.

most other countries. The more closely we watch the play of the passions, or in other words, the effects of mind and feeling on the material fabric, the more shall we be convinced of their powerful influence on the functions of the liver and digestive organs in particular. The receipt of a single letter, or message, announcing a melancholy event, in which our interests are concerned, will so completely change the nature and appearance of the biliary fluid, together with the gastric and intestinal secretions, that they can scarcely be recognized as such. Every thing, in short, which disturbs the tranquillity of the mind, interrupts the healthy functions of the liver and digestive organs ; which, in their turn, react on, and aggravate the original causes. These causes alone, were there no others, would be sufficient to account for the wide spread of functional derangements of the biliary organ in this country.

Physical Derangement. Of the evils which may be traced to this cause, I have already spoken even more fully than of those arising from *Mental Agitation*, by which term it will be perceived that I mean not only violent emotions of joy and grief, but every state in which the mind is deprived of tranquillity, either by the over-exertion of its powers, or by any other cause. In this case, however, as well as in the other, I wish to sum up in a few

words what has been said of the evils themselves, before I proceed to discuss their treatment. Among these I have assigned the first place to those arising from atmospherical vicissitude ; next to this I have placed the consequences of that intercourse which this country is obliged to maintain with its colonies ; and to these I have added, what is indeed the most numerous class of ills, the effects of intemperance in food and drink, and especially of using fermented liquors.

THE pains which I have taken in exposing the *causes* and *effects* of these evils, (which, for the sake of perspicuity, I have just summed up under two general heads,) will greatly abridge the observations which it is necessary to make on their *treatment*, which latter is rendered clear, and, in general effectual, by a thorough knowledge of the former. Whereas the man who prescribes for the name, without taking the trouble to investigate the nature of a disease, is perpetually blundering, and by the misapplication of remedies finds himself frequently embarrassed and disappointed. By studying the *causes* of a *disease*, we arm ourselves with so many *remedies*, not only for the *prevention*, but the *removal* of it ; and by being minutely acquainted

with its symptoms our resources are multiplied when we undertake the treatment.

It is not always true that a disease must be attacked in its seat, and that combating symptoms makes no progress towards a cure. We shall find in many instances, that every symptom which we alleviate has an influence, more or less powerful, on the origin. We may specify the heat of the skin in fever. Every one will allow that this is merely a symptom or effect of fever, not the essence or the seat of it ; yet what relief does it afford to the patient, and what a mitigation of the disease follows, when we have subdued this symptom ! So, in the disease now under consideration, constipation of the bowels is a very general symptom or effect ; and yet, what essential relief does the simple removal of this symptom afford ! In general, however, we may divide the treatment into two heads— withdrawing the causes, and obviating their effects.

Removal of Causes. Many of the causes, which induce functional and incipient structural derangement of the biliary organ, cannot be avoided ; and therefore we can endeavour only to counteract their effects. The natural atmospherical vicissitudes of this climate are beyond our control ; but we shall in general avoid injury from them by attention to dress, and by taking off our

wet clothes as soon as we leave off exercise. The close sympathy which exists between the feet and the stomach, and between the stomach and the liver, will point out the necessity of paying the utmost attention to the warmth and dryness of the feet, a circumstance of more importance, as a remedial measure in these disorders, than is generally imagined.

Having shown that sudden checks to perspiration, and also long continued cold, are the fruitful sources of hepatic complaints, it is plain that flannel next the skin, and a sufficiency of bed clothes at night, are preventive measures of great importance. As a superabundant perspiration renders the extreme vessels more liable to sudden collapse, from the application of cold, it is evident that we ought to avoid that kind of exercise in the heat of the day, and particularly in the sun, which so inordinately increases the cutaneous discharge. When such causes are unavoidable, our next precaution against the bad consequences is, not to desist at once from exercise, but above all things to avoid a current of air, the application of any thing wet, and the drinking of cold liquids.

Abstinence from spirituous or fermented liquors is almost a *sine qua non* in this part of the treatment of hepatic complaints ; and the greatest attention to the quantity and quality of food is high-

ly necessary. In respect to quality, no general rule can be laid down, as constitutions differ so much. The oily and rancid animal, together with the flatulent vegetable, foods, are for the most part prejudicial ; and in respect to quantity, the rule ought always to be, that we eat no more than we can comfortably digest. This rule will be easily understood by every person who labours under bilious derangements.

Those mental causes which produce or aggravate corporeal diseases, though apparently most, are least within our power, either as to prevention or removal. The philosopher may declaim, and the divine may preach against the folly and danger of giving way to despondency and dread ; but it is in vain ! Wherever there is derangement in the hepatic functions, there will, in general, be low spirits ; timidity ; fickleness of mind ; irritability of temper, and hypochondria ; whatever efforts we may make to the contrary, by way of reasoning. Religion is more powerful ; but the corporal disease will often so cloud the spiritual functions, as to convert the bright hopes and consolations of revelation into gloomy superstition and despair.

Those causes of hepatic derangements arising from certain trades and occupations, are sometimes to be removed, especially among the more

opulent classes. As all sedentary employments, and those which keep the mind on the rack, are injurious in the class of diseases in question, so are they to be changed, if circumstances will admit ; and if this cannot be done, their pernicious effects should be as much counteracted as possible by occasional relaxation, and such other means as a judicious practitioner can frequently suggest.

Medical Treatment The variety of causes which produce hepatic derangements, both of function and of structure, would seem to point out a corresponding variety in the treatment ; but this variety principally regards the prevention or removal of those causes themselves ; for, when their effects are once produced, a considerable similarity obtains in the means of repairing the injury. For instance, in acute inflammation of the liver, whether the inflammation be caused by inordinate exercise in the heat of the sun, by intoxication, or by cold or wet applied to the heated body, the plan of treatment to be adopted will be almost the same. So in cholera morbus, which may be considered a functional derangement of the biliary organ, the same treatment will, in general, be necessary, whether the cause be heat, cold, alternations of temperature, or ingesta, occasioning a violent orgasm throughout the digestive organs.

In what may be termed the minor or subordi-

nate means of relief, however, a great variety in the treatment may be advantageously employed ; since it has been shown, that every symptom which we mitigate or remove, not only affords a partial relief to the sufferings of the patient, but operates beneficially, more or less, on the origin of the disease itself. This is of infinite consequence in the class of infirmities under consideration ; since it often requires the utmost address on the part of the practitioner to induce the patient to persevere sufficiently long in any one plan of treatment to be effectual. Hence we are frequently forced to lop the tree, branch by branch, rather than cut it at the root, merely because the patient soon becomes tired, if daily advantages are not gained. We must not, however, be diverted from the attack of the enemy in his strong hold, by flying from point to point, and relieving symptoms only while the great body of the disease remains unsubdued, and indeed unsuspected.*

* It is a wise maxim in Physic, that complaints which are long in their advancement, and of long standing, are generally only to be remedied by long continued curative attentions. Common sense points out the fallacy of expecting to eradicate old established disorders by any violent or sudden remedies, occasionally and interruptedly employed, and the laws of life are equally inimical to such attempts. It is by a weaker power, steadily and constantly exerted, that the force of habit

I shall begin, therefore, with the essential, and gradually descend through the various auxiliary means of relief, which experience and observation have stamped with the seal of utility, in this interesting class of human affections.

It has already been demonstrated, that in ninety-nine cases out of the hundred, there is a deficiency or irregularity, together with vitiation of the biliary secretion. As for a mere redundant secretion of bile, the thing itself is a trifle, and the treatment simple and easy. It is the torpid liver which every hour arrests our attention, and requires our exertions to obviate its long catalogue of effects.

The three primary indications to be followed are these :—

1st.—To increase and meliorate the biliary fluid.

2d.—To procure the daily removal of the

is by slow degrees eventually overcome. The warnings of dangerous diseases should never be forgotten ; and the diet and medical regimen suited to such disordered states or tendencies should be undeviatingly persevered in. In no disease can the skill of the Physician be proof against the want of care in the general habits of the patient ; and those who are not in some degree their own Physicians while suffering under disorders such as these, have no right to censure the advice which they but imperfectly follow, or perhaps, by their negligence counteract.

vitiated secretions of the liver and other digestive organs.

3d.—To increase the tone and digestive power of the alimentary canal.

There are some causes which increase the secretion of bile, but deteriorate its quality ; such, for instance, as a residence in hot climates, an intemperate use of fat and oily food, violent exercise, &c. These, therefore, cannot be safely employed to stimulate a torpid liver ; since the torpidity itself is frequently the result of long stimulation from these causes, particularly the first.

A moderately warm and steady atmosphere is however, peculiarly beneficial to the complaints in question, as it keeps up a mild action of the perspiratory vessels on the surface of the body, and by the sympathy which exists between the skin and the liver, of the secreting vessels in the liver.

This accounts for the bad state of health, and even aggravation of their complaints, which tropical invalids so often experience in returning to northern countries. The cuticular and hepatic secretions are so interrupted and checked, that they are obliged to be constantly taking medicine, and bowel complaints very generally harass them for a considerable period after their arrival in their native, but estranged, country. Hence, the genial skies of the southern parts of Europe and of Ma-

deira, are at first infinitely more salubrious for the Anglo East or West Indian, returning with hepatic complaints, than the raw and variable atmosphere of England.

As internal medicines, there are none which so steadily increase and meliorate the hepatic secretion as some of the mild preparations of mercury. Whether this mineral acts on the liver as on other glands, by increasing its action, or whether it acts in a specific manner, as on the salivary glands, for instance, I need not stop to inquire ; but that it does augment and improve the biliary fluid, in a very remarkable degree, both when it salivates and purges, is a fact which requires no support from argument.

A gentle and gradual introduction of mercury into the system is, however, all that in most cases is necessary ; and as soon as the stools become yellow and more copious, the patient, in general, experiences an exhilaration of spirits, and food is relished and digested better. The eye and complexion, soon after that, clear ; and animation is restored to the countenance. After keeping things in this state, for a longer or shorter time, according to the stage of the disease, a course of opening medicines—or of the Cheltenham Waters, combined with bitters and tonics, ought to be entered on. and continued for a considerable period.

For the above purpose, the blue pill in two, three, or four grain doses, every night, combined or alternated with a purgative, generally answers best without ruffling the constitution, or producing much uneasiness of the bowels.

Where it is not judged prudent to bring the system under the influence of mercury, and in most cases it would be at least unnecessary, in many detrimental,* the object should be to adopt a course of medicine which will at once improve the biliary secretion, clear the bowels, and improve the digestion.

Such a medicine, and generally speaking, such a course, I firmly believe to be that, which Mr. Turnor has so strongly recommended, and has laboured with so much philanthropy, and with such

* I have twice before spoken on the subject of the abuse of medicine: but I would again say, in the contemplation of disease we should ever take into account the evils which necessarily accompany the use of powerful remedies, lest whilst vanquishing one foe, we raise up another to be opposed in its turn. Medicine has been not unaptly compared to a torrent, which not only carries away with it the stones from a field, but likewise a good part of the field itself: and there are no cases in which the justness of the comparison is more likely to be established than in those now under consideration, if a due regard be not paid to the strength, which the patient yet retains.

signal success, to bring into use. That it is one of no common influence over the manifold uneasy sensations attendant upon a certain condition of frame, is with me no matter of doubt—nay, I am thoroughly persuaded, that neither its powers, nor its worth, are as yet otherwise than very imperfectly understood, much as its virtues have been thought to be *overrated*, and the statement of what it has accomplished *overdrawn*.* As far as my experience of its effects has gone, I feel bound to say that it deserves to be hailed as one of the most decided discoveries of general usefulness and applicability, which has ever been made known†—

* Nothing could be a greater bar to improvement in the practice of medicine, than the supine belief that nothing can be added to our knowledge of the qualities of those remedies which have been long in use. We know, however, that the greater number of those who are stimulated by the laudable ambition of distinguishing themselves as the benefactors of mankind, direct their efforts to the discovery of *new* remedies, instead of instituting experiments with those whose medicinal powers are already known. But I believe it will be conceded by the liberal and well-informed of the profession, that much may yet be discovered with regard to the powers even of those medicines which have been in use from time immemorial, and which are familiar to every practitioner.

† From this statement I have been charged with ignorantly pretending, that the medicinal virtues of Mustard Seed are newly discovered: a charge somewhat ridiculous, when in

one of the greatest blessings that has ever been dispensed for *suffering* man—yet more, (to speak the language of one not less benefitted by its agency than myself,) “ I fully expect that it will considerably lengthen human life in this kingdom, and finally be adopted throughout the world.” Unlike almost all other means of relief to the major part of those who stand in need of habitual medical attention, it may be taken without a single sensation of disgust—under any circumstances which are not such as to render its use obviously improper—and for any length of time. It accomplishes the purpose of its administration without occasioning that disturbance to, or exciting that unnatural action in, the system, which is almost invariably the case when ordinary medicines are given ; in other words, without in anywise interfering with Nature’s own operation ; it seldom, if ever, disagrees, (never, as far as I have been able to learn, but from the idiosyncrasy, or the caprice of the patient,) and as seldom fails to be a source of tran-

another page I had said, “ the virtues of Mustard Seed are spoken of by all the Fathers of Physie,” and had given the opinion of Pliny at full length, as presenting a concise abstract of what might be found respecting it in their works. I still maintain, (and I think the reader will see, that it is all which I originally intended to assert,) that “ the general usefulness and applicability” of Mustard Seed is but newly discovered.

scendent benefit to him. The dose must be regulated by the effects produced, and should be taken in equal proportions three times in the course of the four and twenty hours.* One or two stools

* This direction it is important to observe. It is an axiom in Medicine, that alteratives produce the best effects when administered in small doses: they do no good when, either by being given in an increased dose, or by being combined with other substances, they are hurried off by the first passages; they should be suffered to act on the absorbents, and ultimately be carried off by the other different emunctories. Now as the object of the medicine here spoken of is not simply relief to the bowels, but the restoration or communication of vigour, through their instrumentality, to the whole frame, like all other tonics it should be taken regularly in divided doses, and at such intervals as will ensure its uninterrupted influence. The *aperient* effect produced by it then should govern not *the number of the doses*, but only *the quantity of each dose*. It is, however, of no less moment that *this effect* should be *as regularly* produced: indeed a knowledge how to regulate the alvine evacuation, is of the greatest importance towards the prevention of disease; yet, odd as it appears, there are but few people who understand what constitutes a sufficient evacuation; costiveness gives no pain, and if they have none and go to stool (without considering if it is a sufficient stool) they think that all is done—yet in many cases this is the very hinge on which health turns. Hence the necessity of specific advice, on this point, to those who either wish to preserve good health, or who are in quest of the lost treasure. A French author—Cabani, in his *Rapports du Physique et du Moral de l'homme* a work replete with interest and information, attributes *all*

should be procured each day by it, and no more. It should be persevered in for *a sufficient length of time*,* and such will be the alleviation of uncomfortable feeling, that the invalid will be at length anxious to continue its use. In many of the more harassing and afflictive complaints of females, I am anticipating the most beneficial results; nor am I less confident in my expectations as to the unequivocal good which will be reaped from it as an auxiliary to the Waters of this place,† in almost

diseases to derangement of the bas ventre, and, with some qualifications, he is indisputably right.

* Vide Note, page 61.

† I cannot here omit to make a single remark upon that class of medicines to which these waters belong, according as it does with the principle for which I have contended in speaking of the operative effects of the *vegetable* agent, which it is the object of these pages to bring into more extended notice—I mean *the Neutral Salts*. As they do all that can be effected by an evacuation from the intestines, without acting strongly upon the moving fibres, they give no stimulus, at least no inflammatory stimulus, to the whole system, and are therefore most usefully employed when any inflammatory disposition prevails in it. When *largely* diluted, as is the case in this, the best, form of their administration, their operation is *most* beneficial. For the water, having performed its strengthening and exhilarating office upon the stomach, passes quickly into the intestines as fluids do, carrying along with it more or less of all its ingredients, but particularly its purgative. When there, the purgative, by its great dilution and consequent dis-

all the disordered states in which *they* are to be recommended, particularly in those where, from *delicacy* of health or any other cause, they induce such a degree of exhaustion, as to lead to sensations of faintness, anxiety and lassitude. As a remedy for the commoner diseases of children, particularly in cases which require *perpetuated*

persion all over the internal surface of the canal, stimulates the innumerable little exhalent vessels, with which it is crowded, into a plentiful secretion : and notwithstanding the stimulus may be but slight on any particular part, on account of the minuteness of the particles of the Salt, yet as they are *universally* diffused, and *act upon the whole system of exhalents at once*, a more sudden, easy, copious, and expeditious evacuation is produced, than what is often obtainable from a much larger quantity of any of the more stimulating purgatives less attenuated ; attended at the same time with these important advantages ; that as the stimulus is *gentle*, no griping pain is usually excited : and as it is *superficial*, the particles are soon washed off in the general current, without leaving *behind them* any of those disagreeable feelings, which usually follow the use of other cathartics.

That the Cheltenham Salt also owes its great superiority in the particular circumstances I have mentioned, chiefly to the principle of attenuation, will appear still more evidently from comparing it with other purgatives of the same class ; as we find that according to the quantity of water they retain in their crystallization, and their consequent degree of solubility, the nearer or more remote in general is their resemblance to it in their mode of operation.

attention, as Worms, Abdominal Tumor and Marasmus,* it will be found such a medicine as has hitherto been a desideratum ; and I have little doubt of its being *acknowledged to be* equally serviceable in most of the more inveterate ailments of after life—as Gout, Rheumatism, Asthma, Dropsy, Paralysis, Paraplegia, Tic Douloureux, Cramp, and many affections of the Lower Intestines† and

* Of these two last diseases, in conjunction, a most aggravated case, attended with so much effusion into the cavity of the abdomen, as to require the operation of tapping, is just now under my care, and is bearing highly honourable testimony to the truth of the above declaration. The subject of it an intelligent little girl, four years and a half old, had been for a series of weeks before I saw her gradually wasting away, whilst the size of her belly was gradually increasing, until her appearance more accurately resembled that of a spider, than that of her former self—having prepared her for the agency of the Mustard Seed, I put her upon it, and its good effect was soon perceptible. Her recovery is proceeding steadily.

† Among these may be specified—bleeding and irritable Piles, Tenesmus, Prolapsus, Fissures, Ulcers, Fistula, and more especially the greater proportion of cases considered to be, and actually treated as, cases of Stricture. Arising, as the greater part of them do, from a disordered state of the digestive organs generally, the cure of them will be effected by the correction of the general condition of the intestinal canal : and, most certainly, by such medicines as tend to restore the natural secretion of the internal surface of the intestines, without exciting any thing like unnatural action in them : and

Kidneys. As a Medical *preventive* of Phthisis, too, I will venture to predict its usefulness ; I have already *ascertained* its advantages over the usual remedies for those *irregularities of system in young females*, which so often lead to *greater evils*, and not unfrequently to this their consummation ; and I can well conceive its certain applicability to the *management* of that change which takes place in more advanced female life. To Mothers or Nurses who are suckling *sickly* infants, it is in an especial manner helpful, rendering them, as it does at once, the receivers and bestowers of remedial aid ; and it will not be found without value as a *substitute* for more objectionable means of recovery after Fever, Measles, Smallpox, and other debilitating diseases : indeed wherever we want an efficient and safe stimulus, that will act upon the whole system, and more especially upon the nervous and chylopoietic systems, I know of none preferable to the Mustard Seed. It is at once a *Tonic*, in the best sense of the term—an *Aperient* of unrivalled superiority—and a *Sedative*, of the most soothing and salutary kind. And in this way

I am not aware of any medicine which thus acts, so uniformly, upon that surface, or preserves its capability of doing so throughout its whole course along it, with so much certainty and benignity as that of which I am speaking.

it is that it produces its three-fold kindly office : 1st, by yielding a considerable quantity of a mild assimilating mucilage most friendly to an irritable state of stomach and bowels : 2dly, by its gradually and gratefully stimulating effects upon the whole interior surface of both : and 3dly, by its slightly mechanical action, assisting in the propulsion of their contents. Hence it at the same time strengthens and invigorates in a very remarkable degree the *whole line* of the alimentary canal, and consequently improves the digestion and assimilation of food ; and with these the appetite, sleep, and general health. To the poor it is invaluable in every point of view ; to them it is both food and medicine,* and is on this account peculiarly calcu-

* To illustrate and confirm this, I cannot help adding the testimony of Mr. Turnor, who thus writes to me :—“On visiting poor persons after they have taken the Mustard Seed about a fortnight or three weeks, the following dialogue has *almost universally* taken place :—

‘How are you going on ?’

‘I am a great deal better—I feel quite a different man.’

‘Now tell me the truth ; I dont want a flattering answer.’

‘Why, Sir, I must be better, (and placing both hands on the stomach and abdomen) *I feel so much stronger within*—I had rather miss my dinner than the Mustard Seed.’”—Or can I forbear from sounding upon it, and upon a similar testimony borne to myself by a person in the higher walks of life, when speaking to her on the subject of its utility as a substitute for food in

lated to meet the numerous and formidable physical evils with which they have to contend, and to which they are peculiarly exposed. It is a remedy adapted at once to infancy and to old age. It enables the young to struggle against the morbid debility fre-

some cases where food could not be taken, an opinion, that it may prove a more efficacious means of supporting, if not of prolonging, existence, than those to which we have hitherto been obliged to have recourse in those deplorable circumstances to which persons are sometimes reduced by stricture of the œsophagus, &c. ultimate prostration of strength from fever, or other causes of exceeding weakness.—It was simply this: ‘What was the reason you continued the Seed when, as you tell me, you had given it up as a means of relief to your complaints?’ ‘I did so because I found that it afforded me all the comfort both of a cordial and of food, without occasioning me the inconvenience produced by the administration of either.’

It may be worth while here to add, that I derived from the same source the gratification of knowing that good might indeed be the result of my bringing the subject of these pages more deliberately before the public eye. This lady had many months before I saw her, been recommended to take the Mustard Seed, and she did take it, and with much benefit; but taking it as she did, without knowing why or wherefore she took it, and finding after a while that it failed to accomplish what she alone expected it was to do for her (I mean as a substitute for other aperients,) she gave it up as a medicine: and had recourse to it only for the above-named purpose. She has now resumed it *upon principle*, and is recovering the loss which she sustained by her unfortunate intermission of its *stated use*:

quently attaching to their tender years, and it supports the aged under the pressure of those infirmities generally annexed to declining life—whilst in every stage of existence, and in every scale of being, it would seem to impart the power of resisting the effects of sudden changes of atmosphere, and thus to obviate that host of evils, which flow from our variable and uncertain climate. Those who are acquainted with the effects of *climate* on the human frame, will not esteem it paradoxical if I also state my conviction, that this remedy will be no less effectual against the evils, which so commonly result from a residence in the East, or West Indies—and this not only by its *generally* beneficial operation, but more especially by its direct effect upon the chylopoietic viscera, fortifying the system against the attacks to which it is there peculiarly subjected, but by its serving as a *wholesome* substitute for all those injurious stimuli which are (from the idea of their being necessary) so constantly resorted to for this purpose. Thus, I believe, it might be found to counteract both the natural and artificial causes of many of these disorders. Should these expectations be realized, need I insist on the amount of the benefit which will thus be conferred upon those, whose lot is cast in our colonies, and who are often constrained to return to their native country with broken constitutions and

disappointed hopes, or at the best with such a loss of health, as renders them unable to enjoy any other advantages, which they may have obtained by their longer or shorter absence from it. In the South of Europe, too, may it not (I feel myself almost authorized to say it *will*) be no less valuable as a means of correcting that depression of spirits and languid visceral function, which prevails to so melancholy a degree, and extent, as a consequence of indolent habits, unwholesome food, and other well-known causes ; and why should it not, on the same principle, prove a corrective to the effects of the mala'ria of Rome, and in other districts of an equally ungenial kind ?* The effect of

* The following case has been just now sent to me by Mr. Turnor. I give it in illustration of my views, and a striking one it is :—“A very respectable young man, whom I met the other day in Naples, told me, that he came here about five years ago from a large manufacturing town in England, where his father lives, to take the management of a great mercantile house. On coming to Naples his health declined, and so much so, as to oblige him to return to England after some stay here. On reaching his native air he became perfectly well, and after a time returned to Naples, which he had no sooner reached than he became as ill as before—his stomach, he said, had wholly lost its power. In that miserable state he received a letter from his father, strongly recommending the Mustard Seed. This he took, a table-spoonful three times a day. He began this plan about three months ago, and is now better than he ever was—he said his stomach would now digest *marble*. ”

its regular administration to children from the period at which they are weaned, until their arrival at incipient manhood, I am not prepared to determine ; but I am disposed to believe, that by thus *insuring* the regular performance of the visceral functions during the whole period of the body's growth, both the individual and national character of our physical constitutions would be materially altered and improved ; that we should again become a hardy, instead of what we now are—an enfeebled race. What *would* be the effect of its introduction into the army and navy, as an article of "general usefulness and applicability," is with me no matter of *inquiry* : I am *sure* that it would be as efficient a preventive, and remedy, among our soldiers and sailors, whatever might be their circumstances of exposure to climate, or otherwise, as I have hazarded a conviction that it would be found, against the more limited evils to which I have just alluded, resulting from the greatest of all changes to which the European frame is subjected ; and upon the same double principle.

But whilst I thus strongly speak of its virtues, I would by no means be mistaken. I am far from wishing to be understood to be the setter forth of its *omnipotency*—nay there are many cases, apparently suitable ones for its use, in which it must be given with caution ; and many there are in which

it will require, for a time, the aid of other medicines of *greater activity*, and power,* and not a few, in which medicine of *no kind* will be of service. I stand up in its behalf solely because I have myself had experience not only of its astonishing efficacy in the case of others, but in my own long-standing, and, as I feared, irremediable one. Of those cases it is not necessary now to give the details, and of my own it would be quite out of place here to speak at length. Suffice it to say, that they were as diversified as they have been numerous, and that I can declare with truth, that I never knew what it was to enjoy a feeling of comfortable health unbroken for twenty-four hours together, until I became acquainted with the "efficacy of," and "took whole," "White Mustard Seed."*

* This must be borne in mind; or many and great disappointments will arise both to the patient and to the prescriber of the remedy, as well as much injury to the reputation which it has now so generally obtained. In those cases where the daily use of a variety of medicines has become necessary, either to the actual or fancied comfort of the sufferer, much care must be exercised in bringing about a change of medical discipline. These habits, like the habits of disorder, before alluded to, are not to be *rudely* broken in upon—they must be *gradually* corrected.

* As there are many persons who imagine that whatever is *new to them* is a Novelty, I would just mention in this place,

All I ask for it, therefore, is a *fair* trial of its capabilities ; and whilst I do this, I must beg, that in thus commenting upon the diffusive recom-

that the virtucs of Mustard Seed are spoken of by all the Fathers of Physic. The following passage of Pliny embodies, I believe, all that I have met with in their works, and sanctions at least nearly all that I have said in the foregoing pages :—

“ Sinapi, cuius in sativis tria genera diximus, Pythagoras principatum habere ex his, quorum sublimc vis scratur, judicavit, quoniam non aliud magis in nares et cerebrum penetret. Ad serpentium ictus et scorpionum tritum cum aceto illimitur. Fungorum venena discutit. Contra pituitum tenetur in ore, donec liquecat, aut gargarizatur cum aqua mulsa. Ad dentium dolorem manditur : ad uvam gargarizatur cum aceto et melle. Stomacho utilissimum contra omnia vitia, pulmonibusque. Excreciones faciles facit in eibo sumptum : datur et suspiriosis. Item comitalibus tepidum cum sueo cucumerum. Sensus, atque sternutamentis caput purgat, alvum mollit, menstrua et urinam cict. Hydropicis imponitur, eum fico et cumino tusum ternis partibus. Comitali morbo, et vulvarum conversione suffocatas excitat odore, aceto misto : item lethargicos. Adjicitur tordilion. Est autem id semen ex sescli. Et si vchemcntior somnus lethargicos premat, cruribus aut etiam capiti illinitur cum fico ex aceto. Veteres dolorcs thoracis, lumborum, coxendicum, humerorum, et in quacumque parte corporis ex alto vitia extrahenda sunt, illitum caustica vi emendat, pustulas faciendo. At in magna duritia sine fico impositum : vel si vehementior ustio timeatur, per duplices pannos. Utuntur ad alopecias cum rubrica, psoras, lepras, phthiriases, lithanicos, opisthotonicos. Inungunt quoque scabras genas, aut caligantes oculos cum melle. Succusque

mendation of it which has been given by Mr. Turnor, I may not be considered as sanctioning the indiscriminate, and imprudent use of a medicine,

tribus modis exprimitur in fietili, calescitque in eo in Sole modice. Exit et e cauliculo succus lacteus, qui ita cum induruit, dentium dolori incedetur. Semen ac radix, cum immadnere musto, conteruntur, manusque plenaæ mensura sorbentur ad firmandas fauces, stomachum, oculos, caput, sensusque omnes: mulierum etiam lassitudines, saluberrimo genere medicinæ. Calculos quoque discutit potum ex aeeto. Illinitur et livoribus sugillatisq[ue] cum melle et adipe anserino, aut cera Cypria. Fit et olcum ex semine madefacto in olco expressoque, quo utuntur ad nervorum rigores, lumborumque et coxendieum perfrictiones."—*Iab.* xx. c. 22.

Having been repeatedly called on for a translation of the foregoing passage, and feeling that I might be somewhat suspected of colouring, I subjoin that of Holland, the only *accredited* translation which I have the means of giving. If it is rude and coarse, the reader must attribute it to the age in which he lived.

"The hearbe Senvey, whereof there be three kinds (as I have alreadie observed in my treatise of garden plants,) Pythagoras hath placed in the highest ranke of those simples that fume up aloft: for there is not a thing that sooner biteth one by the nose, and pierceth and mounteth more quickly into the brains than doth Senvey. The seed thereof [commonly ealled Mustard Seed] being stamped, and with vinegre reduced into a liniment, eureth the sting of serpents, and namely the prick with the scorpion. It hath, besides, a singular vertue to mortifie and kill the venomous qualitie of inushrooms. If it bee but held in the mouth untill it melt and resolve, or otherwisc be

which, whatever good qualities it may possess, is liable to be abused by carelessness or ignorance.

To show still farther, that I do not consider it as

gargarised with honeyed water, it draweth waterie fleame out of the head. Beeing chewed, it easeth the toothach. For the falling downe of the Vvula, a gargarisme made of it with vinegre and honey, is exceilent. There is not *a medicine so singular for the stomacke and all the infirmities thereof, ne yet for the lungs.* Beeing eaten at meat, it doth loosen superfluous fleame, and causeth a man to reaeh and fetch it up with ease ; yea and to take his wind and breath at libertie. In like manner, being taken warme with the juice of cucumber, it cureth the falling sieknesse. It purifieth the senses : it purgeth the head by smelling : it keepeth the body soluble : it provoketh womens monethly fleures, and urine. A cataplasme made therewith and applied aecordingly, helpeth them that be in a dropsie : so it doth those that be subjeet to the falling sicknesse, but then must it be stamped with three parts of Gumin and Figs. If it be tempered with vinegre and held to the nose of such women as with the rising of the mother seeme to be strangled and to lie in a traunee, it raiseth them up againe : in like sort, it awakcneth those who be in a fit of the lethargie : howbeit, in this ease it is good to put thereto the seed of Sescli of Candie, which they eall Tordilion. But say that the patients bee in so decepe a sleape in this drowsie disease, that by such meanes they will not start up and be raised ; then take Mustard-seed and Figs, temper them with vinegre into a eataplasme, apply the same to the legs or the forehead or region of the brain rather. It hath a eausticke or burning qualitie, and being applyed in forme of a liniment to any part, it raiseth pimples : by whicheh means, it eureth the old inveterat pains of the breast, the ach of the loins, the

superseding the use of all the other means, I now come to the external remedial measures, which are of no little importance in this class of diseases.

haunch, and hucklebone, the shoulders, or any part of the bodie where need is that the offensive humors settled deepe within, should transpire and be drawne outwardly to an issue. Now for that the nature thereof is to blister, in case the patient be timerous and feare some extreame operation of that burning qualitie that it hath, it may be applied to the part affected between a doubled linnen cloth : otherwise, if the place be very thicke and hard, it would be laid too without any Figs at all. Moreover, there is good use of Senvie with red earth, for to make the haire come againe which is falne ; for scabs and scurfe, for foulc morphew or the leprosie, the lowsie disease, the universall crampe that causes the bodie to stand stiffe and starke, as it were all of one peece without joynt ; also the particular ericke which setteth the necke backward that it cannot stir. An inunction made with it and honey, cureth the eyelids that be not smooth, but rugged and chapped ; yea and clarifieth the eyes which be overcast with muddie mist.

As touching the juice of Senvie, it is after three sorts drawne : the first, being pressed foorth, it is let to take a heat in the sun gently by little and little, within an earthen pot. Secondly, there issueth forth of the small stems or braunches that it hath, a white milkie liquor, which after it is dried and hardened in that manner, is a singular remedie for the toothach. Where note by the way, that the seed and root both, after they have been well steeped and soked in new wine, are stamped or brayed together : now if one doe take in a supping as much of this juice thus drawne, as may be held in the ball of the hand : it is very good to strengthen the throat and chaws,

The *Tepid Bath* may claim precedence. If the extensive chain of sympathies between the skin and internal organs be kept in view, we may easily account for the benefit resulting from a judicious course of warm bathing. In augmenting a mild discharge from the skin, the warm bath increases the internal secretions, particularly the biliary; while, at the same time, it relieves the venous congestion in the liver, and determines to the surface of the body. Speaking generally, it is by far the most potent and agreeable external measure which we can put in practice for the relief of those innumerable morbid and anomalous feelings with which the class of complaints under consideration is accompanied. The *Vapour Bath* is still more efficacious than the liquid, and where the circumstances of the patient require it, ought to be preferred.

to fortifie the stomacke, to corroborat the eyes, to confirme the head, and generally to preserve all the senses in their entire. And verily I know not the like holesome medicine againe, to shake off and cure the lazy and lither fevers that come by fits many times upon women. Senvie also being taken in drinke with vinegre, breketh the stone and expelleth it by gravell. There is an oyle also made of Mustard-seed, infused and steeped in oylyc, and so pressed out; which is much used to heat and comfort the stiffenesse of sinews occasioned by cold: to warme also and bring into temper the through cold lying in the loins, haunches, and hucklebones, wherof cometh the *Sciatica.*"

Where neither can be obtained or afforded, the *Slipper Bath*; and next to that, the *Foot Bath* may, in a considerable degree, supply their places with advantage.

After the warm bath, *Frictions*, with flannel or the flesh brush, in imitation of the oriental custom of shampooing, are of insinute use; and the region of the liver, as well as the whole spine, ought to be particularly well rubbed, in order to excite the action of the various vessels, circulating, absorbent, and secretory; a measure which is seldom thought of, but which will be found to reward the trouble with unusual benefit. With respect to the *Cold Bath*, it is not so easy to lay down any general rules. In many cases of what are termed nervous and hypochondriac disorders, the cold bath is an excellent remedy; but where much functional, or any organic derangement has already taken place in the hepatic system, the shock of the bath, and sudden afflux of blood from the surface to the centre of the body, become dangerous circumstances, and the most serious consequences have often resulted from it.

In all cases, where it is wished to try its effects, the warm bath ought to precede its use for some time; and then by lowering the temperature of the water in the most cautious manner, to come round at length to the cold bath itself. When this

last can be borne, and a comfortable train of symptoms ensues, with moderate reaction, then the benefit will be considerable, since these healthy alternations of the vital fluid lead to a restoration of the secretions, and an equal balance of the excitability and circulation throughout the system. Before I dismiss the subject of bathing, I would mention the well-known mode of sponging the body with vinegar and water, after the method of Dr. Stewart in affections of the chest ; the good effects of which cannot be too highly stated, whether we consider it as intermediate between warm and cold immersion, or as a means of obtaining those ends for which cold bathing is prescribed.* Nor would I pass over the no less useful expedients of Dr. Scott† and Dr. Thomas,‡ for

* With a view to remove any impediment which may stand in the way of a more extended use of this valuable remedy, I am induced to give at this place specific directions respecting it. The method is simply this :—Rub in either with the hand or with a sponge, night and morning, equal parts of vinegar and water, as if using an embrocation, all over the surface of the arms, throat, neck, chest, back, stomach and bowels—let the mixture be used tepid for the first three or four times, and then quite cold ; first dry the skin with a coarse towel, and then rub it, for at least ten minutes, with flannel or a flesh-brush.

† The Nitro-Muriatic Bath.

‡ The occasional application of leeches to the anus, and the more habitual use of simple injections.

obtaining relief in affections of the abdomen. Enough has been seen of their effects to establish their reputation as remedies of *value*, when aided by proper medicines.

In a few days the lower limbs may be treated in the same way. The quantity of vinegar may be reduced gradually after a week or ten days, until it constitutes only one third ; and at the end of a few weeks, once a day will be sufficiently often to have recourse to its refreshing and invigorating influence.

The good results of this discipline are incalculable—nothing can be more extraordinary than its effects in producing sleep, and in lowering the pulse in many cases, of affection of the chest, where anodynes and other remedies are either inadmissible or unavailing. In almost all cases of disordered viscera it seldom fails to impart a great degree of comfort to the sufferer. It abstracts internal heat, it promotes and produces a healthy circulation to the surface, and opens the pores of the skin ; and thus accomplishes the grand object which is never to be lost sight of—that of defending the patient against atmospherical vicissitude and exposure to cold. Other benefits might be mentioned as accruing from the adoption of this plan, such as the power which the vinegar has in improving the tone of the cutaneous vessels, and when absorbed into the system, in diminishing fever ; its material co-operation in regulating the bowels, when aided by the unusual friction with which its application should always be accompanied ; and above all its importance as a *substitute*, under some circumstances, (for such I deem it) at once for exercise and for air. I will only add on the subject of this mode of influencing the health and strength of the circulation, and of course the health of all the functions of the body, my entire concurrence with the opinion

Under the head of external remedies may also be placed change of climate, or removal from a variable to a more steady atmosphere. All sudden changes, however, of this kind, even, are dangerous.

A sea voyage is, in general as salutary in hepatic as in pulmonic complaints, though it is not commonly deemed to be so. The motion of the vessel, the comparative purity and equilibrium of the air, and regular hours, appear to be the chief causes of beneficial influence ; but these, perhaps, may be well counterbalanced by the advantages to be obtained in a journey on land, where, to the exercise of riding in a carriage, or on horseback, are added the mental amusement and pleasure resulting from the contemplation of rural or romantic scenery, with all the variety of objects which the diversified face of nature presents to the eye of the traveller.

of my first and highly-esteemed preceptor Mr. Charles Bell, that if instead of taking the Stomach, or the Liver, or the Bowels, and continually harping upon them to the seeming exclusion of the other parts of our frame, any one should take *the Skin* as his object of care, that his practice would have equal success, and his cases and facts become soon as numerous ; while his connexion with general science would be more intimate, and his claims to public favour more valid than any who have yet flourished in it by promulgating doctrines in regard to the functions and diseases of individual parts.

It is but too true, however, that in the class of diseases now under review, a sombre tint is thrown over every landscape, and the mind is perpetually called off from external amusements and observations to a gloomy rumination on our morbid feelings; and whatever mode of travelling we may adopt, we must not expect at once to leave our cares behind us, or to escape from ourselves.

Happy! thrice happy! is it for those who thus brought to that point, where no earthly pleasure can yield them enjoyment, and where human power seems capable of rendering them no assistance, are led to seek for comfort in higher hopes. There is nothing, perhaps, more calculated to teach us that all human things are "*vanity and vexation of spirit,*" than that class of sufferings of which we have been speaking; and he who has practically learned this lesson, at whatever price, has not paid too dearly for the knowledge. It is beyond all price to know, that this *is not*, and to learn where *is* his rest. It may be that these sufferings are sent for his instruction, and he may find that this palpable darkness before him, like that which inspired the host of Egypt with terror and dismay, has a bright side of hallowed flame—the light and the pledge of a present, a protecting, and a guiding Deity.

But to return from this digression.

I may here mention as somewhat analogous to a former recommendation, the good effects of a broad flannel bandage, composed of several folds, worn pretty tight round the abdomen, and reaching up to the epigastric region. Its benefits may be explained, 1st, from the local support which it gives to the abdominal viscera; 2dly, from the equable temperature and warmth which it maintains there; and 3dly, from the uniform degree of excitation, and consequent discharge from the skin.

In winter, spring, and autumn, the general use of flannels is necessary in disordered functions or structure of the biliary or digestive organs, and, under some circumstances, the additional comfort of a waistcoat made of chamois leather is required; in winter, to defend from cold; in spring and autumn, to obviate atmospherical vicissitudes, which are then more prevalent. When the heat of summer renders flannel oppressive and debilitating, from the excess of perspiration, thin calico should be substituted.*

* It is a mistake to suppose that flannel is too warm a clothing for summer—the fact is, that though it promotes the perspiration, it equally favours its *evaporation*; and we know that evaporation produces positive cold, this discharge being the means designed by nature for carrying off the superabun-

The minutest attention should be paid to the feet. If they are allowed to remain cold or damp, an increase of torpor or of morbid irritability will,

dant heat, whether arising from climate, exercise, or fever. On the subject of warm clothing, too much cannot be said either in regard to the alleviation which it affords to the disorders here alluded to, or to the promotion of health, and consequently of all the other comforts and enjoyments of life. Boerhaave's favourite receipt for health was, "to leave off our winter clothing on Midsummer-day, and to resume it the day following." This is indeed the only effectual method we can adopt to escape the influence of those sudden changes of weather to which we are so continually exposed. These sudden changes, which take place during three-fourths of our year, may be regarded as no less prejudicial to health, than they are disagreeable to our feelings; and our fears of *catching cold*, which have frequently appeared ridiculous to foreigners, are really better founded than many even among ourselves are willing to admit; *colds* in their *consequences* proving fatal to thousands every year. Though we cannot hope entirely to escape the unpleasant sensations, or altogether to ward off the fatal effects occasioned by this versatility of our climate; yet by considering properly *the nature of clothing*, we may avoid much of the danger. If *females* are subject to catch cold more frequently than men, it is not merely from their delicacy of constitution, or their being more confined within doors; but from the frequent changes they make in the quality or quantity of their clothes, and sometimes because they expose those parts of the body, that a little before had been warmly covered. If a greater proportion of females fall victims to *consumption*, may we not discover another cause in

by direct or reverse sympathy, be communicated to the liver and chylopoietic viscera, and disturbance of their functions is sure to ensue. Hence

the fact—that they regulate their dress more entirely by some standard of elegance, than by a due regard to its most obvious purpose ; or, in other words, that they are more studious of *Fashion* than of *Health*, and are regulated by *appearance* rather than by *utility*.

Again, is it not owing to the same tyranny of *Fashion*, that so many more girls than boys are misshapen ? Deformity of body, as has been before stated, often proceeds from weakness or disease, and from mismanagement of other kinds ;* but is it not frequently the effect of improper clothing ? Does it not frequently arise from an attempt to mend the shape, which God has given them, by dress ? and do not those who know no better, believe that the female figure would be disgusting if it were not thus treated ? The bones of growing persons are so cartilaginous, that they readily yield to the slightest pressure, and easily assume the shape of the mould in which they are confined. The pressure of the abdomen by stays, as they are but too commonly made and worn, impedes the action of the stomach and bowels, and the motion necessary for healthy respiration. Thus the process of digestion and the proper circulation of the blood are hindered, and a train of distressing disorders ensues. The pliancy of the body, and the natural grace of the female form, is prevented

* In adverting to what I then said, I cannot omit to pay that tribute of respect which is here due from me to Dr. Ralph Palin—to whose impressive work on the Influence of Habits and Manners on the Human Race, I am much indebted for the views and opinions which I have upon the subject.

the necessity of warmth and dryness, and the utility of frequent foot-baths, and frictions with flannel.

by this rigidity of confinement. The imprudent zeal of the mother for the shapeliness of her daughter performs another most unkindly office for her;—she frequently becomes either incapacitated for marriage—a great sufferer through her change of state—or *dies* in childbirth.

These observations are in a peculiar manner applicable to the circumstances of *children*. By inattention to *their* clothing, the foundation of many diseases is laid which prove fatal to them; particularly inflammation of the lungs, and of the lining of the membrane of the trachea, &c. This last, in its most violent state, has acquired the name of croup, a disease which sometimes destroys in a few hours. It is far from being invariably true, that children, who have been inured to cold, and brought up hardily, (as it is called) are the strongest in adult age; many have no doubt survived, and some may have thriven, under the exposure to which they have been subjected, upon the assumed force of the common notion that they are so; but all medical men who have had an opportunity of attending much to the diseases of children, must have observed that those families in which children are *least* exposed to the influence of cold are generally the most healthy, whilst those who are treated on the erroneous principle of hardening them, are scarcely ever free from disorder of some kind or other. By this mode of treating children it is that many diseases, which might otherwise have remained dormant, are brought into activity; and many fall sacrifices to pulmonary consumption and scrofula, in more advanced life, from this error alone. And yet how common is the error, in practice at

Though many of these circumstances have been noticed before, they are again brought forward here, from a conviction of their importance, and

least, if not in principle or design? how frequently do we see children, even *delicate* children, not only in summer but at every period of the year, with their arms and chests uncovered, and their bodies from their stomach downwards, to all intents and purposes in a state of nakedness? Is this giving nature fair play?

To keep an animal in health, besides the retaining of a due degree of animal heat, there must be a continued generation of new juices, and a perpetual discharge of the old. Without the due quantity of perspiration, which with us depends very much on our clothing, neither the vegetable nor animal can continue in health; a plant whose *perspiration* is stopt becomes sickly and dies; and an egg whose shell has been covered with a varnish, and the *perspiration* stopt by this means, will produce no living animal either by the application of common heat, or that of incubation from the hen. It has been ascertained by experiments, at once of the most interesting and conclusive kind, that the *insensible perspiration* alone discharges more than all the sensible evacuations together; and that the proportion of this to all the other evacuations, is as five to three: though this proportion varies in different ages, climates, and constitutions, yet it is of such importance in all, that where it is in any considerable degree deficient, a diseased state of the body must ensue. Indeed when we contemplate the importance of the function of the skin in its effects on the general activity of the vascular system, and in the delegated action which takes place between it, the stomach and intestines, and the kidneys and lungs, we shall be convinced of the

the necessity of impressing them strongly on the minds both of patients and practitioners.

Under this head may also be placed the remedial

wisdom, if not of the necessity, of paying attention to its *habitual* state. Engaged as the skin and the lungs are in the performance of the same function (the throwing forth carbonic acid gas,) we should be very particularly attentive to the condition of the former where there is any disposition to disease in the latter organ, since any impression of cold on the surface—any *check* to perspiration, throws upon the lungs more than their ordinary duty, and thus induces irritation in them, and perhaps consequent disease. Again, when we see how much the state of the skin is influenced by disorder and derangement of the viscera, we should be led not only to mark the symptoms of internal disease upon it, but to adopt the best means of exciting the one as a remedy for the affections of the other. In like manner the condition of the brain and the secretion of the kidneys are influenced by the state of the skin and of perspiration. All this tends to show, that the nervous and vascular system are to be considered as *one great whole*, of which, indeed, each part has its distinct allotment, but can never, in a natural state, or in morbid conditions, in general, be absolutely *independent of*, or *disconnected from*, the other parts of that mysterious portion of our frame; and that the health of all the functions of our bodies is influenced, to the full extent of what has been before said on the subject of *sympathy*, and of the importance of an *equal* distribution of nervous and vascular excitement, by the proper or improper action of the skin.* The subject is deserving of scientific

* How powerfully all these functions, particularly that of the skin, are influenced by the Mustard Seed, need not be told, either to those, who have taken it themselves, or to those, who have had any opportunity of observing its effects on others.

measure of exercise. A very erroneous idea is commonly entertained, of the nature and effects of exercise in the different states of the frame. Much mischief is daily done by carrying this remedy to excess, thus aggravating the complaints which it was intended to remove. Whenever it is carried to the length of fatigue in the complaints under consideration, its effects are similar to a debauch. All the active exercises should be pursued, during summer, in the mornings and evenings, while cool repose is to be indulged in, during the heat of the day and particularly after the principal meal ; since any exertion at that time disturbs the function of digestion, and causes flatulence, acidity, and uneasy sensations through the line of the intestinal canal. In winter, on the contrary, the exercise should be in the middle of the day, while the fogs of the mornings, and raw air of the evenings, are to be avoided.

Speaking generally, the passive exercises are the best, as riding in a carriage or on horseback ; but the swing would, I am persuaded, prove a very excellent substitute not only for the exercises above-

examination and reflection, both in pathology and in practice ; for health is enjoyed only when the various functions, which together form the animal economy, are perfect, and one function cannot be in health unless the whole be also.

mentioned, but also for a sea voyage, since its effects are very similar on the animal economy.

In respect to dietetics, the invalid himself is generally well acquainted with the kinds of food, which best agree with him ; but much might be done towards a cure in this way by the patient, had he resolution enough to bound the quantity of his nutriment within the pale of digestion. Satiety ought never to be felt at table by the bilious ; if it be, indigestion, flatulence, and oppression at the praecordia are sure to ensue.*

* "Regimen," says an old Physician, once sufferer enough from Dyspepsia to write his own epitaph, under the persuasion that it would soon be wanted, "is the most important part of the treatment. By diet alone it is possible to alleviate the extremity of distress, and to hinder disease from getting completely the upper hand. Without attention to diet, it is quite in vain to hope that any patient can be rescued from its miseries. To employ the best remedies, while regimen is neglected, is to build up on one side, and pull down on the other. When the patient is brought into the most promising state of convalescence, the whole advantage will be destroyed by a *single considerable error in diet* ; and the treatment will be to be begun again." Accurate observation will indeed show, that ease and health, under certain circumstances, are strictly attached to this seemingly hard condition. A bowl of water-gruel, a plate of fruit, will put the invalid ten degrees backwards ; half a pint of strong wine, twenty. On the other hand, I entirely agree with one whose opinions are no less entitled to respect, "that to be always 'considering what we

Some attention is also to be paid to the time of taking our meals in this class of disorders. Early breakfast, dinner at one or two o'clock ; tea, or

should eat and what we should drink, and wherewithal we should be clothed,' in order to avoid the approach of disease, is the most likely means of provoking its attack. A man, indeed, who is continually feeling his pulse is never likely to have a good one ; and he who swallows his food from the same motive as he does his physic, will neither enjoy nor digest it so well, as if he took it in obedience to the dictate of an unsophisticated and uncalculating appetite. The valetudinarian who is in the habit of weighing his meals, will generally find that they lie heavy on his stomach. If he take a walk or a ride with no other view than to pick up health, he will seldom meet with it on the road." Whilst, then, I discountenance all *indifference* as to habit on these points, I am far from giving my sanction to excess of care. The sum of the directions which I would offer to patients of the class and character here adverted to, is founded upon an observation somewhere made by Lord Chesterfield on the subject of dress. His Lordship says, that "a gentleman, after having once dressed himself with proper care, will think no more about his dress during the remainder of the day." In like manner, after having adjusted his habits of regimen, or having had them adjusted for him, according to the most approved model, a wise man will banish the subject from his mind. He will, as uniformly as he can, adhere to the rules of living, which have been laid down for him, or which, as a matter of experience, he has formed for himself, but will have them as little as possible in his thoughts. I would say to all such—live simply, *regularly*, and temperately. To those, who are never happy but when they are taking medi-

rather coffee at six, and little if any supper, agree best with the generality of patients. Raw and acceſſent vegetables, cheese, oily and rancid meats, soups, gravies, and evey species of confectionary and fruit, are to be avoided. Well-roasted animal food, biscuit, or stale bread, and rice or bread puddings, ought to be the standing dishes.

Of all drinks, water is the best: but as few who have been accustomed to inebriating liquids can be brought ro relish the simple beverage of nature, a very agreeable and salutary drink may be formed

cine, (and many such there are,) I would say, as often as you take your food, take *the physic*, which it is the design of these pages to recommend: whilst upon those, who have recourse to it only as a matter of *necessity*, I would enjoin no more than this one medical maxim—never take a meal without this *adjunct* either preceding or following it, in such quantity as your case may require, except in cases such as those to which I formerly adverted (page 81.) I would *then* add for both classes, how much soever I may feel authorized to lead you to expect from the medicine I have recommended to you, I caution you against expecting *too much* from it. Do not calculate up- on its *at once* setting you free from all other medical restraint, or upon its *instantly* ridding you of every uneasy sensation. You may experience *difficulty* in accomodating it to your system, and you may possibly have returns of your disorder; but persevere in attempts to make it suit the circumstances of your case, and be assured that it *will ultimately* accomplish, to the full, these very objects for which I venture, so strongly, to recommend it.

in the following manner, and which will be found singularly beneficial in the wide range of bilious and dispeptic complaints:—Dissolve six drachms of dried carbonate of soda in a quart bottle of water, and four drachms and a half of tartaric acid in another bottle of the same size; when wanted for use, pour out a wine-glassful from each bottle, and throw them at the same instant into a tumbler, when an immediate effervescence will ensue, during which it is to be drunk off.

Fermented liquors are very generally detrimental. The least pernicious of the wines are sound Sherry and Madeira. As to spirits, they are scarcely admissible; but if the patient will not, or cannot, abstain from them, Brandy should be taken, very much diluted with warm or cold water, and without sugar.

Patients of this description should not trust to their own resolutions in respect to quantity; but like Ulysses, who caused himself to be bound to the mast to avoid the Sirens, they should have the quantity of their drink, and the degree of dilution, specifically limited, and on no account to be exceeded.

Tea and Tobacco, as narcotic herbs, are in general hurtful; and spirituous and anodyne tinctures and nostrums are to be utterly proscribed, as

tending to give deeper root to each symptom, while they afford a fallacious and temporary relief.

As the want of repose at night has a remarkable effect in aggravating bilious and nervous disorders, every thing which can tend to interrupt that solace of our woes ought carefully to be avoided.

Of these, late hours and suppers are the principal impediments to sleep. Tyrant *Custom* has so inverted the order of Nature in respect to the time of retiring to rest, as it has in *almost every thing we do*, that we all suffer more or less the penalties of despising her sacred laws! Early hours, both in retiring to, and shaking off, sleep, are indispensable in the treatment of this class of human maladies, and, generally speaking, to the preservation of health.

APPENDIX.

MANY instances might here be adduced in substantiation of the doctrine, and practice, inculcated in the foregoing pages, but a few will be sufficient for the purposes of illustration.

A confirmed invalid of more than thirty years standing thus writes to me *the first time* after he had seen me on the subject of his complaints :—

“ February 7, 1826.

“ I am sorry to tell you, that the good hope with which you inspired me, as to the efficacy of the Mustard Seed in my more than melancholy case, has entirely died away. I have been in all but constant misery, partly from its inoperative, and partly from its exciting effects, ever since I left Cheltenham. I fear I must give it up, unless you can put me in the way of managing myself better.”

And then in a second letter, *the following week.*

“ You will be pleased to hear that I am reaping the fruits of my obedience to your directions—that I have not ceased to continue the use of the Mustard Seed—that the stimulating effect of it has entirely subsided, since I took the aperient draught in combination with it, and that I am now really feeling a very considerable improvement in my general sensations.”

Another, whose life has been one continued anticipation of *greater* suffering than that to which he had become accustomed, thus expresses himself:—

“ December 26, 1825.

“ I have now passed the best autumn I ever remember to have passed ; no headaches, no cramps, no gout to any extent, except, perhaps, a slight inonition once or twice, and that not enough to make me have recourse to a large shoe. I used to be in the habit frequently of taking calomel and blue pill ; for many months before July I had taken them sparingly ; since then not once. I occasionally aid the Seed with a little salts, or a couple of small pills of the compound rhubarb pill—and when I do so, I experience what Mr. Abernethy means by its supplying the place of blue pill ; indeed it produces such an evaeuation, in point of healthiness of colour, as blue pill never obtained for me, although it was intended, speeifically, to have this effect. My feet, when up, were in the habit of being cold—when in bed, so dry and hot, that I was obliged frequently to put them out of bed, in order that the reaction might gain me a moisture and sleep. I am now not so chilly when up, and almost always in bed I have a slight perspiration on my feet—a luxury which I did not often enjoy before I took the Mustard Seed. My appetite and digestion are good ; and I now expect to go through the winter and spring without my usual gouty attack.”

And thus respecting his son, February 18, 1826 :—

“ My boy had a return of his cough, which has now lasted about three weeks : three days ago I dared, with a pulse

at 100 and a constant tiresome cough, to give him the Mustard Seed, telling his medical attendant what I was going to do, and begging that his febrisuge draught might be made gently aperient. Three days he has been under this discipline: his pulse was at 74 this morning before he got up; and not more than 76, by the medical attendant's account, in the middle of dinner, and his cough is infinitely better."

The effect produced by the Mustard Seed in this case seemed so inexplicable to Mr. Turnor, to whom the above account of it was given, upon the *assumed* idea that its administration was *inadmissible* under any circumstances either of general or local excitement, that he desired I would give him my opinion upon the subject in writing, that he might transmit it to the father: this I did as follows—and I am glad of the opportunity which the expression of his wish now affords me, of speaking, thus publicly, to the point to which my letter to him would naturally bring the solicitude of a parent for a child, in such a state (under circumstances well calculated to make him anxious,) and to which I would lead both those who are sceptical, and those who are visionary, in relation to what has been said, and done, by Mr. Turnor and myself, in order to impart to the world at large, the the benefits of a remedy, by which so much has already been accomplished, and from which, as I believe, so much may yet be expected.

"My dear Sir,

"The letter which you read to me this morning from Mr. —— has excited my interest in no common degree. What he says of the effect of his three days' administration of the Mustard Seed to his son, most strikingly illustrates the soundness of the principle for which I so earnestly contend, whenever I stand up in behalf, or defence, of what I denominate the *first principles* of *scientific medicine*. You have often heard me talk of that state of *equilibrium*, which I believe to be as essential to the perfect *health* of the body, as *equanimity* is to entire repose of the mind. You will not wonder then when I tell you, that I can thoroughly understand in what way it was, that the Mustard Seed produced so unlooked for an effect upon the more anxious symptoms of his disorder, and will comprehend me when I say, that it was by restoring the *balance of excitement* in the system that the irritation in the chest was relieved, the cough appeased, and the pulse reduced. It is at the same time beautiful and melancholy to trace the universal influence of this principle over, and upon, the many varied afflictions to which our frame is subject. *Thus* to see how invariably the torpor of *one* organ of the body (whether that organ be the skin, the liver, the alimentary canal, or any other,) occasions derangement in the balance of excitement throughout the whole system, and how the effects produced on other organs and parts of the system, resulting from association with it, become, in *their turn* causes or re-agents, reflecting back upon their source an aggravation of those ills which were originally disseminated thence—is to be convinced that the nervous system (and the vascular system, also) is to be considered as *one great whole*, of which, indeed, each part has its *distinct allotment*, but can never, in a natural state, or in morbid conditions, in general, be absolutely *independent of*, or *disconnected from*, the other parts of that mysterious portion of the animal fabric; and to be satisfied, that

to be physicians, we must be *philosophers*, and that to be *true* philosophers, we must be—*Christians*.

"Should you write to Mr. ———, you cannot do wrong, I think, in urging him to give the Mustard Seed a fair—I mean here a *cautious*—trial, in the case of his son; I have, as you know, a *strong* impression upon my mind on the subject of its applicability to the *high* purpose of resisting the progress of that remorseless enemy to British health, which so commonly makes its first appearance in no more alarming form than that of a simple cold, perhaps so slight, as not to be thought worthy of common attention. But while I say this, I would by no means have you infer, that I would not at the same time enjoin upon him the *wisdom* of adopting any other expedients which the *precise* circumstances of his son's case might seem to indicate.

"Among these I cannot help just *mentioning*, sedulous care against atmospherical vicissitudes—the prudent abstraction of blood—counter irritation upon the skin—uniform clothing—sponging the surface with tepid vinegar and water—well regulated exercise—early hours—attention to diet and to the state of the bowels—regular periods of taking food, &c. &c. But I am trespassing upon your time, and upon the province of those under whose care the invalid is; I will therefore only add, that if you think my more palpable sanction is necessary to authorize you to say all this, you are at full liberty to send my letter to Mr. ———, should you think it in any way capable of doing aught to alleviate a *parent's* anxieties.

"I am, my dear Sir,

"Your's very truly,

"Essex House,

"Feb. 18, 1826."

"C. T. COOKE."

While adverting to this part of my conviction as to the value of the remedy of which I may be

thought to have said *so much*, I cannot abstain from giving more at length one of the many gratifying instances of its powers in that particular state of system to which I alluded when speaking of its prospective use as a medical *preventive* of Phthisis; because I have now no doubt either as to the legitimacy of the deductions to which I then silently came, or of the stability of the advantages which have been derived by the subject of my illustration. She has within the last hour appeared before me in a condition which fully justifies me in asserting, that she has been snatched from the arms of *the fell destroyer*—but her mother shall speak for her.

“ February 28, 1826.

“ My dear Sir,

“ I have much pleasure in replying to your inquiries respecting the past, and present state of my daughter’s health, and will for your more particular information, give you as correct an account of it as I can, from the time at which I first spoke to you respecting her. It was, as you may remember, about this time last year. She was at that period suffering from many symptoms calculated to excite my anxiety and alarm—her whole frame was in a state of debility, which rendered her incapable of either bodily or mental exertion—she was constantly susceptible of cold, and cough, accompanied by a considerable degree of expectoration *every morning* on rising, and had such frequent pain in the chest, as to make it necessary, several times, to apply a blister to its seat: I cannot recollect more minutely the state of her pulse and respiration,

than that it was usually quiet and hurried—the consequent general irritability of her system was great ; she likewise laboured under such constant pain in her back, that she was never easy unless in a recumbent position ; as you know, my first apprehension was, that she laboured under an affection of the spine. She had likewise a total loss of appetite—but it is unnecessary to add more ; she bore about her every indication of the existence of that state of system which I know you considered only preparatory to the appearance of *disease*. I need not tell you to what point she was relieved of many of these uneasy sensations, by the means which were primarily used ; it is rather my duty, and my wish to speak of what has since been done for her, by the *simple remedy* upon which you put her, as soon as you yourself first became sensible of its power in correcting such a condition of frame. Were I disposed to hurry over my *present* statement of her case, I should simply say, that from the first week of her taking it, she has been gradually advancing towards that aspect and enjoyment of *perfect health* which she now has ; but knowing your anxiety on the subject, I must bear this farther testimony to the value of the Mustard Seed, under circumstances of constitution so appropriately to be denominated *delicate*, by adding, that she has never once had other than a slight cold, or been distressed by her cough, during the winter, nor had any return of pain in the chest or back—that her strength and appetite are quite restored, and that she does not now manifest in the smallest degree that irritability of system, which I was so glad to be told by you formerly was only symptomatic of the affection under which she was struggling---her bowels are kept in a healthy state ; and I cannot omit to mention that she is (I firmly believe from the use of the Seed) restored to that *regularity* of habit, the interruption of which no doubt added much to her former sufferings. I must conclude my account of her by sta-

ting, that I am really myself surprised at the very considerable increase of *covering* which her (late almost emaciated) body has acquired : this too I must attribute to the renovating effects which it appears to me this remedy has had upon her *general constitution*.

" It is not, in her case alone, that I am enabled to bear testimony to the very beneficial effects of this valuable medicine ; I have another daughter, and a son, who have, together with myself, been very essentially benefitted by its use. I cannot help intruding a little longer on your time, just to say a few words relative to my little boy, who has for a long time past been the subject of unceasing anxiety to me, in consequence of very frequent attacks of headache and giddiness, occasioned, I have every reason to believe, from a fall he had some years since ; the recurrence of these attacks became of late more frequent, and evidently interfered much with his *capability* of attention to his usual course of study, and affected his general health and appearance. In consequence of your telling me, that you felt assured he would be benefitted by the Mustard Seed, I immediately put him under a *regular* course of it, now about three months ago, from which time to the present, he has not had the slightest return of his unpleasant attacks ; and he assured me the other day, on quitting me to return to school, that he found too much benefit from the Seed to neglect, or omit, the taking of it a single day. Thus you see, that I have *full* reason to speak, as I most certainly think, *highly* of the value, and *many beneficial effects* of this—as I have often heard you call it, *blessed* remedy.

" I am, my dear Sir,
" Your's, &c."

A fourth thus speaks of the value of the remedy judiciously administered—this letter is also dated December 26 :—

" When we parted you fixed the period of my writing to you in March—what progress I may then have to report to you time will show. I can hardly be more free from ailment than I now am. I may be stronger, and I hope to be so, and my hopes are grounded on what I have experienced since I took the simple remedy you recommended to me, daily, and cannot but think in a great measure resulting from it. I hear, however, that persons who have made a thorough trial of Cheltenham, as I did this autumn, have derived permanent benefit for a considerable time after discontinuing the waters, and I am disposed to praise both the bridges which have carried me safely. I hope to resort to the latter once a year, and I can never discontinue the Mustard Seed but with my life. I have never tasted medicine since I left Cheltenham, and never been a single day but in the most perfect state of natural functions than I can conceive, and have continually, and most sensibly, improved in strength. My case has attracted some degree of general notice, my looks having, as I am almost daily told, corresponded entirely with my feelings."

And thus a fifth, in two letters, dated November 10 and December 4, 1825 :—

" I promised you that I would take two tea-spoonsful of the Seed thrice instead of twice a day—this I did for a month ; the second daily dose at first after dinner ; but finding that it occasioned inconvenience during digestion, I took it an hour before dinner, and soon afterwards, that the superadded quantity was more than enough for my purposes, I reverted to my morning and evening dose of two tea-spoonsful each, and now find it necessary only to persist in this, which I do with perfect regularity ; and it does for me all that my system requires, producing its effects without occasioning the slightest uneasiness in the bowels, or any of that nausea and disturbance of stomach,

which I have hitherto invariably experienced from each of the multitude of remedies which I have tried with the view of accomplishing what has *always* been (I speak of fifty years, at least,) so great a desideratum with me. I may truly say then, that I have obtained in the Mustard Seed every thing that I could expect or desire, and shall continue to avail myself of its many and great advantages.

"I have of course recommended it to others more frequently than was my former practice, and I have had no reason to repent having done so; if it has failed to produce *all* the good effects that were anticipated from it in *some* instances, it has done harm in *none*. My son's report to me of the advantage which he has derived from its use has always been very flattering, and he continues to think highly of its excellence."

From the first person above alluded to, with his authority to make what use I thought proper of his case, I received the following gratifying additional testimony to the value of the *remedy*, as I believe, for his long-standing disease :—

" February 26, 1826.

"It is now a month since I commenced the Mustard Seed, and though I feel myself unable to describe, with any degree of precision, the specific effects that have been produced upon my system by it, I am *quite sensible*, that both my bodily and moral sensations are *improved*—that *the whole character* of my state is amended---so much so, that I feel an involuntary encouragement to persevere in its use, and always anxious for the arrival of the time of taking each dose, such is the agreeable effect which it afterwards produces upon me."

From the second :—

February 27, 1826.

"My boy takes the Mustard Seed now once a day, to guard him from future cold: he omitted his dose yesterday after dinner, and I made him take it at bed-time last night; his pulse was only at 68 this morning before he got up: the Seed does not heat him—a fear which so many people seem to have. This effect, I believe, is produced only in those cases where it binds the body; when it keeps the bowels open, it certainly cools. I have not the slightest objection to our cases being referred to, with the exception of our names; and you may add, if you please, that I have grown fat under a course of the Mustard Seed."

From the fourth :—

“ February 25, 1826.

"I continue to do credit to your kind advice; and both Mrs. —— and myself have realized a very material benefit from your remedy, in entire freedom (we believe for the first time in our lives) from winter colds. We have had this exemption in point of fact, and we are disposed to assign it to the Mustard Seed as the cause, and shall probably have your ready concurrence in this opinion."

From the fifth, (a physician of no common eminence or attainments :)—

“ February 25, 1826.

"I am enabled to confirm, up to this day, every particle of the report occasionally communicated to you of the effects of the Mustard Seed in my own case; with the important addition, that, in my seventy-ninth year, I have passed the

winter much more free from catarrhal symptoms, than I remember for twenty years past.

"As I perceive the minute accuracy of the extracts of my letters to you, I can have no possible objection, that the truth should be told, in print, on the contrary my hope is, that it may prove more generally useful.

"In one of the other cases you send for my perusal, I see the heating effects of the Mustard Seed are mentioned, and the same observation has often been made to myself. I believe the idea to be a fanciful one, and always discountenance it."

Another medical friend thus writes to me:—

"March 31, 1826.

"I visited a man (a very old man) this morning, who has suffered for many years from asthma and repeated inflammatory affections of his chest. I advised him *a month ago* to take a table-spoonful of Mustard Seed every morning an hour before his breakfast; he has continued this plan *for the above period*. He cannot now be in better health at his time of life. Before I left him, I inquired in what way he took the Mustard Seed; he told me *in roasted apple*, and that it produced the most salutary effect upon his breath and his hitherto constipated bowels. Previous to the above period he was in the constant habit of taking expectorants, aperients, &c. and now he takes no medicine whatever."

For the following I am indebted to Mr. Turnor, and the document is valuable, not only because it affords a striking proof of the value of Mustard Seed, both as a *medicine strictly speaking*, and as a means of restoring strength, but because the

individual from whom it comes for a long while resisted every inducement which was held out to her to take advantage of its benefits in her more than deplorable case :—

“ April 7, 1826.

“ Grateful feelings ought to have moved my pen sooner ; perhaps you will not give me credit for having any ; but individuals, as well as the public in general, owe much to your exertions in making known the *wonderful efficacy* of the Mustard Seed. For my own part, I can only say that after repeated severe illnesses, and corresponding dreadful weakness and nervousness, rendering the continuance of my life doubtful and almost undesirable, I resorted, *at last*, to the Mustard Seed, and now want nothing else. The late addition to your tract, will, I hope, convince other unbelievers that complaints originate more often than is imagined in the stomach and its dependancies, and that the Mustard Seed is a most astonishing remedy for regulating the whole passage from the throat to the extremity of the body.

“ My stomach would bear little more than *gruel*, and I was reduced to the last extremity ; but I can now take food like other people, and frequently wine ; and I wish to proportion my gratitude to the benefit I have derived.”

For this also I am indebted to his kindness : and how strong is the evidence which *it* bears to the transcendent worth of the simple remedy of which it speaks :—

“ April 13, 1826.

“ I promised to write to you, and I should be unworthy of the kind attention which you paid me at Cheltenham, and

ungrateful for the comfort which I have since experienced from the adoption of your advice, if I was for a moment unmindful of my engagement: I have waited only to give you a more satisfactory account of my experience of the effects of your recommendation.

"When I had the pleasure of seeing you, I informed you in what state of health I had been for the last six or seven years; and that although I was *comparatively* well, I still occasionally suffered much from the inactivity of my stomach and bowels. During my stay at Cheltenham, my evacuations were not more frequent than every other day, and always scanty, indurated, and of an unhealthy colour. Your representations convinced me that Mustard Seed would be serviceable to me, and I was fully confirmed in this opinion by the perusal of Mr. Cooke's pamphlet, on my journey hither. I began, therefore, to take it on the very evening of my arrival home, (Saturday, the 1st instant,) and have since taken it thrice a day, two large tea-spoonsful each dose, at intervals of six hours. The effect has been almost miraculous. I have had a regular daily evacuation ever since—my appetite has been good—my sleep undisturbed—and not only my bodily but my *mental* energies materially improved. In short I have not experienced an uncomfortable sensation throughout the interval. Need I add how infinitely obliged to you I consider myself for this invaluable change in my sensations.

"I shall not, I *cannot*, fail to promote your benevolent wishes by every exertion in my power, to extend to others that improvement of health and increased comfort which I am now in the enjoyment of, and which I have no doubt may be obtained by others from their adoption of your advice."

But this testimony does not stop here; I have since received a letter myself from the author of it:—

"April 29, 1826.

"I am happy to find from Mr. Turnor, that you are about to publish a third edition of your Observations on the Efficacy of White Mustard Seed, in affections of the stomach, liver, &c. &c. The book has been much read here and in the neighbourhood; in consequence of which many persons have been led to take the Seed according to your directions, and I have not heard of a *single* case in which the experiment has been fairly made, and not completely succeeded.

"Mr. Turnor has already acquainted you with my case, and the effects which I have experienced from taking the Seed since the 1st instant. I can have no possible objection to your giving publicity to my letter to him, suppressing only my name and place of residence. I can only add, in addition to what I have stated in that letter, that I continue to take the Seed, and that it has made a *new man* of me. My body is in a regular and healthy state—my appetite and digestion good—my sleep composed and refreshing—and all the powers of my mind, as well as of my body, restored and renovated."

To enter into the details of my own case to the full extent of the desires which have been expressed to me, would be to relate a *series* of miseries that would be as tedious in their relation, as they must needs be *uninteresting*, to the generality of those before whom so lengthened a statement might chance to come—in few words my history is amply told. In my life, I never knew what it was to have a single action of the bowels without the aid of medicine, or to be free, for many hours, from all the wretchedness of disorder, and of remedy in conjunction, until I took the Mustard Seed, nor was I ever able, until now, to say there is in life that which is worth living for, or in other and *more proper* words, I did not know what it was to *wish to live*. And all this, whilst I was exer-

cising the functions of an anxious and arduous, and to me most interesting profession, and was *obliged to*, and did actually, *assume* the appearance of health, of capability, and of enjoyment.

The little girl, whose case I referred to at page 71, is now *quite* well: there has been no subsequent effusion into the abdominal cavity—her appetite and flesh have returned—her food is properly assimilated, and its residue regularly discharged. She *still* takes her usual quantity of the Mustard Seed.

THE END.





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